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Food, Page 1C

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Granite City Journal

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VOLUME 20, NUMBER 58

WEDNESDAY, JULY 24, 1996

FIFTY CENTS

'Drive-through' deliveries ended

Law forces insurance coverage

By Ron Wisdom
Staff writer

The joy of bringing home her third baby was short-lived for Christine Hoffrogge of Troy. Just days later, both woman and emergency room with post-delivery problems that some believe could have been avoided had her insurance coverage allowed mother and baby one more day in the hospital.

Hoffrogge's new son, Garrett, were released from the hospital just 28 hours after his birth on July 5.

Three days later she was rushed to the hospital's emergency room, where she spent six hours being treated for complications. She received medication to control the bleeding, was given a pelvic exam and got new stitches. Garrett was treated for symptoms of jaundice.

"We basically went through hell. I wouldn't wish that on anyone," said Hoffrogge. "I don't think any of this would have happened if we had had at least one more day in the hospital to rest and be looked after."

"I don't think any of this would have happened if we had had at least one more day in the hospital to rest and be looked after."

— Christine Hoffrogge
New mother

Hoffrogge said her insurance company would stay in the hospital one more day.

In Illinois, however, now, just one more day is now available to new mothers.

Gov. Jim Edgar signed into law last

Partney blasts chamber cut

By Bob Slaten
Staff writer

Granite City mayoral candidate David Partney has criticized a proposed budget that cuts the city's contribution to the Tri-Cities Area Chamber of Commerce by two thirds.

"The Chamber of Commerce has helped bring new businesses to Granite City over the past several years and retain many more," Partney said Monday. "They do a very good job for our city."

The proposed reduction in the city budget would reduce the city's dues to the chamber —

which are voluntary — to \$1,000 this year. The city has paid \$3,000 to the chamber in past years. Other area municipalities pay less.

The budget and appropriation ordinance was on Tuesday night's council agenda.

Partney said Mayor Ron Selpf should restore the chamber funding to the budget.

"The chamber committee may have set the figure, but they wouldn't fight the mayor if he stood up for this," Partney said.

Selpf could not be reached Monday for comment.

"If the mayor is interested in saving the tax" (See PARTNEY, Page 4A)

Big Tomato Contest starts Monday

Here at the Journal, we're bracing for the attack of the killer tomatoes.

That's right, it's time for our annual Big Tomato Contest, and we're looking for the mother of all tomatoes — the biggest, heaviest, vine-busting fruit to spring from *Journal* readers' backyard gardens.

There will be a winner in each category, each winning a \$100 prize, and bragging rights as the green thumb of their neighborhood.

Readers can start bringing their tomatoes in on Monday, July 29, to our office at 1813 Delmar in Granite City to be weighed in for the first week's contest, which will end at 2 p.m. Friday, Aug. 2. The second week's contest



will run from Monday, Aug. 5, until 2 p.m. on Friday, Aug. 9, and the final week's contest will end at 2 p.m. on Friday, Aug. 16.

The weekly winners will be announced in this newspaper on three consecutive Wednesdays — Aug. 7, Aug. 14 and Aug. 21.

Charities may apply for funds

By Jean Abernathy
Staff writer

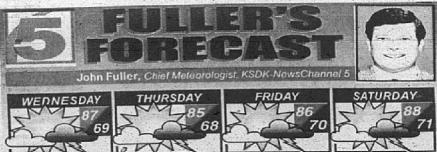
Baby formula and diapers for the BREM Catholic Social Ministry ... shoes and food for Circle of Concern ... sleepers, blankets and car seats for Homeless House ... medicine for the Leukemia Society of America, Gateway Chapter ... toys and play equipment for the St. Louis Daycare Center ... aids wheelchairs for the St. Louis Wheelchair Athletic Association.

Last year, Old Newboys Day grants were used to purchase these items to benefit needy children in the St. Louis metropolitan area. Since Old Newboys Day was begun in (See CHARITIES, Page 4A)

In the Journal

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Dissident Catholics plan meeting

By Martin Richter
Staff writer

A group of Catholics bitterly critical of the Springfield Diocese and Bishop Daniel L. Ryan will hold an informational meeting at Collinwood on Monday.

The group, Roman Catholic Faithful,

invites the public to the Gateway Center at 7:30 p.m. Monday for information on the group and "the facts on what is

happening within the Springfield Diocese

and around the country," founder Stephen Brady said.

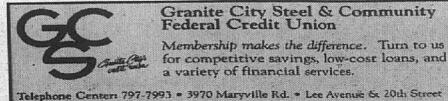
Brady owns a pizzeria in Petersburg, just north of Springfield. He said he embarked on his crusade to expose what he sees as doctrinal and liturgical abuses in the diocese after a teacher at his son's public school, who happened to be a Catholic and a member of the local parish council, instructed students on safe sex and condom use.

He said Roman Catholic Faithful now

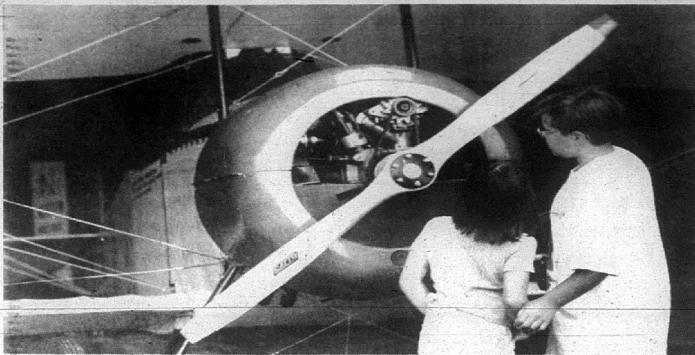
consists of more than 1,000 people in 47 states, and hopes to attract new members at Monday's meeting.

Brady, a bishop, priests and teachers "passing themselves off as representatives of the Catholic Church" are saying things like abortion and contraception are acceptable, the church should reassess its positions on female priests and on homosexuality, and Bible stories are myths.

(See MEETING, Page 4A)



LOCAL NEWS



(Staff photos by JOHN FRESE)

Lauren and Joel Blaies of Edwardsville, 8 and 12 respectively, look at a World War I-era biplane in its hangar at Lakeside Airport on Illinois 111. Above right, visitors to Lakeside Airport's scheduled airshow last Saturday wander out to the parked planes, which were kept grounded by fog and drizzle.



Flight program reset

By Scott Cousins
Staff writer

The Experimental Aircraft Association's first-flight program, scheduled for last Saturday at Lakeside Airport, has been tentatively rescheduled for Saturday, July 27.

It was canceled last weekend because of poor weather conditions.

The program, known as "Young Eagles," allows youths 8 to 17 to fly in a small aircraft with an experienced pilot.

Len Nevenner, president of Experimental Aircraft Association Chapter 64, said he had talked with officials with the St. Louis County Transit District about rescheduling the event.

He said transit district officials agreed, and it would be dealt with at Thursday's transit district board meeting.

Nevenner said Saturday's program was canceled because of poor visibility.

"It was pretty hazy; it wouldn't have been any fun for the children because they couldn't see anything," he said.

He said the visibility also would have made it unsafe to fly small aircraft.

Nevenner said each flight takes place in a Federal Aviation Administration-registered airplane flown by an experienced pilot. The flight can be curved according to federal regulations, and no acrobatic or nonstandard maneuvers are allowed.

To participate, interested youths must fill out a form with a parental permission slip and present it at the event.

They are then talk to the pilot and prepare for the flight.

Safety is emphasized, and Nevenner said that thousands of youths have participated without incident.

The program will begin at 9 a.m.

Five arrested on warrants

By Scott Cousins
Staff writer

Madison police were kept busy Wednesday and early Thursday morning with people arrested on outstanding warrants.

Karen A. McNair, 34, of the 3900 block of Walnut in East St. Louis, was charged with criminal trespass to land after she was detained by security at Gateway Midstate Truck Plaza. She was also wanted on an outstanding St. Clair County battery warrant.

McNair was arrested at about 12:30 a.m. Wednesday after drivers at the truck stop stopped about her banging on their doors.

Michael S. Lawrence, 23, of the 1600 block of Maple in Granite City, was arrested in Granite City on a court date on Wednesday on two outstanding failure to appear warrants for operating an uninsured motor vehicle and disobeying a stop sign.

He was turned over to Madison police, and released after posting \$600 cash bond.

David W. Cooper, 27, of the

2000 block of Rhodes in Madison, was charged Wednesday morning with domestic battery and cash bond.

James L. Banks, of the 800 block of Washington, Madison, was arrested by Venice police on two outstanding warrants — failure to appear on charges of disobeying a traffic control device and driving with no insurance.

She was turned over to Madison police, and released after posting \$100 cash bond.

Nicole Coulter, 20, of the 400 block of Carroll Lane in Glen Carbon, was charged with illegal possession of alcohol by a police officer.

According to reports, police entered the 12th Street Saloon, 1100 Greenwood St., to check bar patrons for ID.

She was released on a notice to appear.

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Agnes L. Treadway, 37, of the 1700 block of Second Street in Madison, was arrested on several charges after police noticed her walking in the street in the 1100 block of Madison Avenue at about 4:10 a.m. Thursday.

She was charged with unlawful possession of drug paraphernalia, walking in the street and an outstanding warrant for failure to appear on charges of possession of a controlled substance.

A charge of unlawful possession of a controlled substance may be filed later pending lab results.

When she was being searched, police discovered a silver crack pipe in an empty cigarette pack.

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Granite City, IL 62040
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1-800-766-FAST
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Obituaries

Gladys Staggs

Gladys (Warren) Staggs, 88, of Granite City died at 6:20 p.m. Monday, July 22, 1996, at the Villa Nursing Home in Caseyville. She was born Dec. 28, 1907, in Brookport Ill., and had been a resident of Granite City for many years.

She is survived by her son, the Protestant faith.

Survivors include two sons, George Staggs of Granite City and Claude Staggs of St. Louis, Mo.; two daughters, Ruth Price of Jennings, Mo., and Vida Ketcherside of Anaheim Hills, Calif.; four siblings; William Warren of Ann Arbor, Mich.; William Warren, Naegele, Mo.; and Ardith Warren, 13 grandchildern; several great-grandchildren; and three great-great-grandchildren.

Services were preceded by death by her husband, Clyde Staggs, who died Nov. 1, 1970; and her parents, George and Mary Elizabeth (Johnson) Warren.

Arrangements are pending with Werner Chapel for Funeral, 3339 Lake Drive in Ponto Beach, 797-1009.

Mary Joyce

Mary Joyce of Glen Carbon died at 4:49 p.m. Monday, July 22, 1996.

Survivors include her husband, Hubert Joyce.

Arrangements are pending with Thomas Memorial Mortuary, 2205 Pontoon Road in Granite City, 876-4321.

Rupert Haneline

Rupert Haneline, 78, of Granite City died at 4:15 p.m. Friday, July 19, 1996, at Colonial Care Center in Granite City, where he had been a resident for six years.

Born May 18, 1918, in Murray, Ky., he had been a lifelong resident of Granite City.

He was preceded in death by his first wife, Charlene (Dickey) Haneline; son, Lester E. Smith; one daughter, Brenda M. Smith; his parents, Byron E. and Ruth V. (Jones) Smith; and one brother, Darville Smith.

Services were Monday at

Mary (Pyle) Haneline, whom he married Aug. 30, 1940; two daughters, Diana Smith and Glen Carlene; three sons; five grandchildren; and four great-grandchildren.

He was preceded in death by his parents, Cox and Waneta (Brown) Haneline and one brother, Al Haneline.

Services were Tuesday at Irwin Chapel in Granite City with the Rev. Roy Zamkus officiating. Burial was in Sunburst Memorial Estates in Glen Carbon.

Memorials are requested for the American Lung Association or the Hospice of Southern Illinois Inc.

Charles Hagy

Charles Fred "Chuck" Hagy, died Friday, July 19, 1996, in Grand Rapids, Mich. He was born Jan. 4, 1967, in St. Louis.

Survivors include one son, Charles Ray Hagy Jr., 10; one daughter, Brittany Nicole Hagy, 4; his mother, Sandra Hagy of Granite City; his stepfather, Oliver and Jackie Hagy of Dudley, Mo.; and two brothers, Ricky Lee Hagy of Dudley and Oliver Dewayne Hagy of Granite City.

Services are at 10 a.m. today, Wednesday, at Watkins and Sons Funeral Home in Dexter, Mo., with the Rev. Danny Collier officiating. Burial will be in the Caroline Dowdy (New Bethel) Cemetery, near Dexter.

This information was provided by Irwin Chapel in Granite City.

Memorials to the donor's choice are suggested.

Beryl Smith

Beryl N. Smith, 73, of Troy died Thursday, July 18, 1996, at St. Elizabeth's Hospital in Belleville. He was born Dec. 18, 1922, in East St. Louis.

He served with the Railroad Retirement Rail road for 38 years; prior to his retirement, he was a member of Jesus Christ of Latter Day Saints Church in Edwardsville, the Railroad Retirement Club in Belleville, the Country Dance Club in Belleville and St. Clair Bowl Mixed Doubles.

Mr. Smith was a World War II and Korean War Army veteran, a member of the Bronze Star.

He also received the Silver Star Award from the Boy Scouts of America.

Survivors include his wife, Margaret Aegean Smith; one son, Charles E. Smith of Granite City; one daughter, Kathy Kincald of Chicago; one stepdaughter, Ruth Spicer of Fairmont Heights; stepson, Eddie Smith of Charlotte, N.C.; two brothers, Fordyce D. Smith of Lebanon and Eugene Smith of Maryville; two sisters, Ruth Janelle Wesson of Nashville, Tenn., and Marlene Ford of Tampa, Fla.; and seven grandchildren.

He was preceded in death by his first wife, Charlene (Dickey) Haneline; son, Lester E. Smith; one daughter, Brenda M. Smith; his parents, Byron E. and Ruth V. (Jones) Smith; and one brother, Darville Smith.

Services were Monday at

Classroom whiz to meet Michael Jordan in Chicago

By MIKE VIOLA
Staff writer

Darryl Kimble used to play baseball but now says he's into basketball.

No wonder. Darryl, now 11, will get to meet the most famous basketball player in the world, after being selected for the Michael Jordan Education Club.

"I play basketball in my backyard, but I'm nowhere near as good as Michael Jordan," said Darryl with a laugh.

Walter Darryl, 47, of the classroom.

He just completed sixth grade at Alta Vista Elementary School, and next year will be attending A.M. Jackson, an accelerated school for some of the brightest students in East St. Louis.

Kimble was one of 50 fifth- and sixth-grade students from throughout the country recognized by the education club.

Selection to the club is based on academics, attendance and community service.

From July 26-28, Darryl will be in Chicago with the other winners, who will meet with Jordan, eat at his restaurant and visit the John G. Shedd Aquarium.

"Being a role model has been bestowed upon me and I've accepted this role to help others," Jordan said. "MJEC is a positive guidance to the children, parents and teachers it reaches" and is based on a child's improvement.

In addition to the Chicago trip, Darryl will also receive program materials including Education Club classroom posters, teacher's guides, student goal sheets and suggested activi-

ties.

The Education Club seeks the following from its students:

• Develop goals and commit to achieving those goals.

• Take responsibility for their actions.

• Build responsibility.

• Increase their awareness.

• Inspire others by example.

• Realize more of their capabilities.

• Realize their potential.

"Once you know you can excel and turn dreams into reality, you want to keep getting better and better," Jordan said.

"We just try to touch as many lives as we can."

Partney

(Continued from Page 1A)

parties of Granite City approximately three-quarters of a million dollars, he should join me in my petition effort to not continue the township form of government," Partney said. "Township government is a duplication of expenses and I challenge the mayor and his supporters to join the petition drive to save the township."

Partney pointed out that city spending in the last fiscal year exceeded income by \$366,494.

"The new budget, with the mayoral election coming up, will have a surplus of approximately \$160,000. Why is this budget getting completed one quarter of the way into the fiscal year?" Partney asked. "How can money be spent without a proper budget?"

Although the city's fiscal year runs from May 1 to April 30, the City Council has traditionally not adopted a budget until July or August.

Law

(Continued from Page 1A)

Sister Mary Michael said...mothers can still elect to be discharged earlier if appropriate.

"There will always be a few people for whom 24 hours will be adequate. But that, stringent standard was based on healthy patients," she said.

When insurance companies reduced the amount of time eligible for reimbursement to 24 hours, SEMIC initiated an at-home health care follow-up for mothers of newborns, she said.

"And we've always kept the mom and baby longer (than 24 hours) if there were signs of complications — regardless of reimbursement."

"But at the home follow up allows us to see the care the baby is receiving in the home setting," she said. "It allows us to evaluate the health of the mom and baby and also see if the education we have given them is being applied."

The Senate passed the 48-hour requirement by a vote of 56-0.

Staff writer Bob Stale provided some information for this story

Charities

(Continued from Page 1A)

This year, Mark Lamping, president of the St. Louis Cardinals, continues the history of Old Newsboys Day and Newsboys Day as he sees it as chairman of the drive. In 1959, Stan Musial chaired the third Old Newsboys Day. In 1966, Cardinal owner August A. Busch III, went on to chair the drive. In 1981, his son, August A. Busch III, chaired Old Newsboys Day. Later his son, August A. Busch III, chaired Old Newsboys Day. Cardinal players and broadcast personalities joined the ranks of volunteers. Old Newsboys who don aprons and peddle newspapers to benefit children's charities.

The allocations committee for the drive will grant priority to charities that request grants to meet the basic needs of children — items such as diapers, play equipment and books.

This year, Old Newsboys Day is Nov. 7. On that day, volunteer Old Newsboys will blanket hundreds of street corners throughout the St. Louis area and sell special edition Suburban Journals. Every penny paid for the newspaper will go to the Old Newsboys Day.

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Drug labels aid consumers

New FDA prototypes of easier-to-read labels for over-the-counter drugs should help consumers make more sense of drug labels.

The new labels are similar to the "Nutrition Facts" labels found on all processed food products.

The labels give information consisting of bullet points rather than paragraphs of information and highlighting active ingredients, uses, directions and warnings.

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SIU paid \$8,000 for scholarship probe

Report concludes that attorney was negligent in not blacking out names

CARBONDALE — Southern Illinois University paid more than \$8,000 for an independent investigation to conclude that a campus attorney used a marker that was too light to black out names of legislative scholarship winners on documents submitted by the attorney.

The report, submitted by a former federal prosecutor Frederick Hess, said the experienced attorney, who was not identified, was negligent in trying to black out names on a Freedom of Information request from the Associated Press.

Some lawmakers were angered in May when the names were published in court documents. Reports of legislative scholarships being given to relatives, political allies and people outside the lawmakers' district.

The release of the names, which

could be read through the black ink, violated the Federal Privacy Act and could jeopardize SIU's federal funding, said Hess' report to SIU President Ted Sanders.

"Federal dollars make up nearly 16 percent of SIU's total budget or \$60 million in 1995," Sanders said in a statement Friday. "This is a privacy issue, which could create a financial crisis."

SIU spokesman Jack Dyer said the attorney has been reprimanded and could be dismissed, if there is another occurrence. The attorney did not receive a salary increase this year.

Dyer said Wednesday that Sanders' request for the outside study and the legislature's subsequent vote to make the winners' names public, Dyer

defended the two-month investigation and the cost. Hess, who was hired by the university, reportedly received \$200 an hour during the investigation.

"Wouldn't you spend \$8,000 to protect \$80 million" in federal funding, Dyer said, adding that the university has received no word that federal funding is threatened.

"We needed an independent report to know exactly how it happened and if we violated the law. We didn't know if it was a violation or deliberate or exactly what happened."

The university's \$8,394 bill includes Hess' time and expenses but not university employee time, which was not known, Dyer said.

The report concludes SIU released letters from the State Board of Education, which grants the

scholarship waivers, as public information, but the students' names should not have been deleted or comply with the federal privacy act.

SIU's Edwardsville campus officials placed a grid over each letter before copying to conceal the information — a procedure that worked perfectly, Hess reported.

The university will also continue to protect names of scholarship winners until a possible appeal of a Cook County judge's decision ordering state schools to do the same.

The Hess report also recommends SIU policy changes to protect private student information, including employee training, reviews and handing guidelines for Freedom of Information requests.

— From The Telegraph



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P215/70R-15	\$75.00	\$239.52	\$15.12
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Prosecutors to seek death penalty in killing

By Deb Cooper
Staff writer

Prosecutors plan to seek the death penalty for a convicted armed robber charged with the murder of a Peoria resident, Michael Hetlage.

The first-degree murder charge against Andre White, 20, of Washington Park, was announced by St. Clair County State's Attorney Bob Haida during news conference Wednesday.

White has been in custody since July 16. His bond has been set at \$1 million; he appeared before Circuit Judge Alexis Otis Lewis for an arraignment Wednesday afternoon.

He is due to appear in White acted alone and that robbery was a motive.

In Illinois, first-degree murder is a Class X felony, punishable upon conviction by a prison

term of from six to 30 years. If a judge determines the crime was particularly heinous, the sentence can be double life.

Hetlage's body was found Wednesday, July 10, in East St. Louis. He had been shot six times in the head.

Hetlage's wife had reported her husband missing on July 8 when he failed to return home from a Monday night meeting in St. Louis.

"The manner in which Mr. Hetlage died exhibits a total and complete disregard for human life, and is outraged by the despicable and cowardly way in which Mr. Hetlage's life was taken," Haida said.

A convicted armed robber, White was released from prison in May 1996 after having served less than half of a seven-year term.

Journal staff writer Julie Gerke contributed information to this story.

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Instructor leaves 500 to BAC

While alive, John D. Kinne shared his vast knowledge with his history students at Belleville Area College's Granite City Campus.

Now, in death, Kinne is sharing another gift with students — a portion of his extensive book collection.

Kinne, who died in December 1995 after an extended illness at age 55, stipulated in his will that 500 of his books, primarily dealing with the United States and world history, be donated to the Granite City Campus library. Each book will bear a label designating it as a gift from Kinne.

"He was a born teacher," Pearl Kinne said of her son. "He was very strict. I know because I had him for a couple classes, she'd laugh with a laugh."

John Kinne taught at the Granite City Campus for six years. Previously, he had taught at Lincoln Land Community College in Springfield for 14 years.

Kinne had a passion for learning, and he was eager to share newsworthy information with students and staff members, said Granite City Campus librarian Jan Zuke.

"He was a very well-educated, well-read man," Zuke said. "He would come into the library on many occasions and just sit and talk about a wide variety of things."

Zuke said Kinne's gift reflects the admiration he had for the campus and its people.

"I do think he was sentimentally attached to this campus, as are most people who are here for any length of time," Zuke said. "He knew that his books would be put to good use."



Granite City Campus librarian Jan Zuke, right, stands with Pearl Kinne, mother of the late John D. Kinne, and some of the 500 books that he donated to the GCC library.

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Dash plaques will go to the first 200 entries, three trophies per class, club participation awards and several special awards with a total of 57 classes, 52 cars, three motorcycles, plus two special kids' classes Best of the Best Trophy, best stock interior and custom interior, best stock engine.

Registration from 8 a.m. to 11 a.m., entry fee \$10 a vehicle, \$5 for display only.

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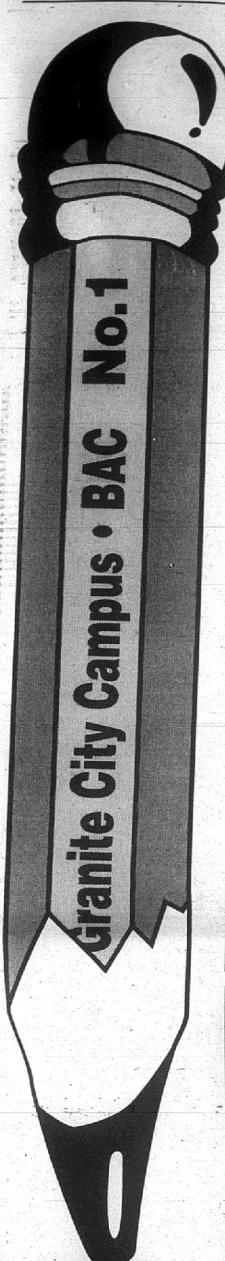
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In the classroom

SIU-Carbondale

Former Granite City residents Nancy and Marilee Kuhrik each received the degree of doctor of philosophy in education at the annual commencement exercise of Southern Illinois University at Carbondale.

Dr. Marilee Kuhrik's dissertation was entitled "Comparison of Humor Using the Situational Humor Response Questionnaire and the Coping Humor Scale by Nontraditional and Traditional Nursing Students in Midwestern Schools of Nursing."

She graduated from Granite City High School in 1966 and Barnes Hospital School of Nursing in 1969. She received her bachelor's degree in nursing in 1978 from St. Louis University and her master's degree in nursing in 1982 from St. Louis University.

Dr. Marilee Kuhrik has been employed by the Barnes-Jewish Hospital at the Washington University Medical Center since 1968. Presently, she is an associate professor of nursing at Jewish Hospital College of Nursing and Allied Health at Barnes-Jewish Hospital.

She was awarded the 1996 Outstanding Alumnus from the

Barnes College of Nursing at the University of Missouri at St. Louis.

Dr. Nancy Kuhrik's dissertation was entitled "Matters of Perception of Students in Midwestern Rural and Urban Nursing Programs."

She graduated from Granite City High School in 1965 and Jewish Hospital School of Nursing in 1968. She received her bachelor's degree in nursing in 1978 from St. Louis University and the master's degree in nursing in 1982 from St. Louis University.

Dr. Nancy Kuhrik has been employed by the Barnes-Jewish Hospital at the Washington University Medical Center since 1967. Presently, she is an associate professor of nursing at Jewish Hospital College of

Nursing and Allied Health.

ITT Technical Institute

Daniel L. Ray Jr. and Eric Smith, both of Granite City, have enrolled in the electronic technology program at ITT Technical Institute in Earth City.

Ray graduated from Granite City High school in 1996 and Smith in 1996.

The eight-quarter program will help prepare Ray and Smith for an entry-level position in electronics.

The Earth City ITT Technical Institute is operated by ITT Educational Services Inc., a subsidiary of ITT Corp., providing education to more than 20,000 students through its ITT Technical Institute.

Established in 1936, the

Earth City ITT Technical Institute offers educational programs in electronics engineering, technology and computer aided drafting technology to approximately 600 students.

Illinois College

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Rinehart Hale

man who is planning to major in chemistry. University scholars are eligible to participate in the prestigious Honors Program. Murray State

is a 1996 graduate of Granite City High School. Troy is the son of Ronald Alvin Rinehart of Granite City and Janette Sue Schwab of Murray.

While in high school, he was editor of the *High World* newspaper and a member of the National Honor Society, Quill and Scroll National Journalism Society, Scholar Bowl Team, Service Club, Environmental Club and the Young Authors' Club.

He was named an Illinois Merit Scholar involved in the Health Information and was a recipient of the Presidential Academic Fitness Award. He was a Life Scout and was inducted into the Order of the Arrow.

Rinehart was volunteered for the American Cancer Society drive, United Way Foundation, Scouting for Food, Stash the Trash Community Project and the Granite City Religious Organization dinner.

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Tips on proper
Watering
from the experts at

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Where Beautiful Things Begin

Ask anybody how often you should water your lawn. Better yet, ask about five or six people. You'll probably get five or six different answers. One particular homeowner has his own theory. He waters his lawn every day of the week for several hours at a time. Regardless of the weather, even when ominous rain clouds loom in the distance, the sprinkler is going full swing. When asked what would happen if water restrictions were put into effect, he replied, "Let 'em fine me, it'll cost less than replacing my lawn."

What's happening at that particular household is wasteful, selfish and totally unnecessary, not to mention a bit of a horrendous water bill that must arrive. A lawn won't have to be replaced if it misses a day of water, and it certainly doesn't need it every day of the week. Yes, that gentleman's lawn is quite green, but it's definitely overdone. It's sort of like changing the oil in your car every week, believing the engine will be destroyed if you miss one.

On the other side of the coin, too little water can damage the lawn. A lawn that's thirsty will turn gray, become limp and won't spring back after being walked upon. Need the water longer and the lawn will turn brown and go dormant. Grass knows how to beat the heat, but there is a limit. Forego the water for four weeks or so and that could do the lawn in. Then you're talking major lawn repair.

So what's the answer? Simple. Frank's experts, as well as other lawn experts, agree that an inch to an inch and a half of water a week is ideal. Lightly watering the lawn every day actually does more harm than good, since it can encourage shallow root systems. Water, in order to benefit the lawn, must reach the roots, and light watering just doesn't do the job.

Determining how long it takes a sprinkler to deliver an inch and a half of water is a simple matter. Place a coffee can or two in the sprinkler's path and check

the water's depth after fifteen minutes. Multiply by four and you have the depth for an hour of watering. Of course, water pressure can vary, especially if somebody's taking a shower or the swimming pool's filling, but you get the idea.

Now that you know how much to water, another question that will get numerous answers is when to water. Many people believe that the lawn will "burn up" unless it's watered in the mid-afternoon heat. Not true! Your lawn may look like it needs water desperately at three in the afternoon, but it's best to avoid it.

No harm will be done by mid-day watering, the grass will grow just fine. You'll just use a lot more water to accomplish your goal.

Evening watering can cause the opposite problem: water will linger on the grass blades too long, inviting diseases.

That leaves the morning, which is the best time to water. Early-morning watering isn't the easiest thing to do, especially when you're groggy and facing another day at work. Owners of in-ground sprinklers have it made, since they can program them. Not in the budget? An inexpensive water timer is the ideal solution.

So water wisely. You'll help conserve water, ease the utility bills a bit and do yourself and your lawn a big favor.

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- ST. CHARLES 3725 Harry S. Truman (314) 947-7148
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- OVERLAND 6901 Page (314) 429-5155
- NORTHERN COUNTY 11018 Old Hall Ferry (314) 355-6534
- BAY CITY 6031 Manchester Rd. (314) 256-8777
- KIRKWOOD 1135 S. Kirkwood (314) 821-8665
- SHREWSBURY 125 Kenrick Plaza Dr. (314) 962-8878
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- FAIRVIEW HEIGHTS, IL 1100 Commerce Lane (618) 397-1251

Frank's...One-Stop Shopping For All Your Lawn & Garden Needs!

Watch Sunday's Journal for more tips from the experts at Frank's!

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Knox

Wednesday

Granite City Journal

Sports

July 24, 1996—Page 1B



Elks squad excels in first year of play.

Page 3B



Breeze Central captures Lady Slam.

Page 4B

1995-96 Illinois Journals Athletes of the Year

Gomric closes out book on success-filled career

By Scott Marion
Staff writer

Jill Gomric's accomplishments at Althoff High School are obvious to Jill Gomric. She's won the girls state golf scholarship — won the girls state golf championship as a junior and was the runner-up last fall. In basketball, she was the leading scorer, starter and is steals and 3-point field goals.

"Jill could easily have played softball and been an all-area selection," said Jim Karwoski, who coached Gomric in both golf and basketball at Althoff. "She could have been a softball and done extremely well. She's just one of those kids who is totally gifted, and they don't come around too often."

"When she puts on her game face, there are not many people who are better. She's a person you don't see very often. By the same token, when she doesn't succeed, it's never from a lack of effort. She handles herself very well in good and bad situations.

"She's a person you'll continue to hear

more about. She told me she doesn't want to play on the LPGA tour, but I think you'll see her there someday."

She's won the girls state golf scholarship — won the girls state golf championship as a junior and was the runner-up last fall. In basketball, she was the leading scorer, starter and is steals and 3-point field goals.

"Looking back on my high school career, I'm just shocked at what I did accomplish, but I had a lot of help along the way," said Gomric, 18. "I had some great coaches. Althoff has some great programs. I was fortunate to be a part of. My family was always supportive and always there for me."

"In terms of basketball, I was on some great teams. Everybody at Althoff made it fun and I always had a good time. I'll think about that (Catalyst) for the rest of my life. I felt with the way we

(See CAREER, Page 2B)



Althoff High grad Jill Gomric, who won the Illinois state golf title as a junior and set numerous school records in basketball, is the 1995-96 Illinois Journals Female Athlete of the Year.

(Staff photo by T.L. WITTE)

Course work clears path to Arizona

By Scott Marion
Staff writer

Jim Karwoski faces a difficult task in the upcoming school year: adjusting to the "post-Gomric era."

Now that Jill Gomric has graduated, Karwoski coached Jill Gomric in golf and basketball at Althoff High School. Now, with Gomric preparing to attend the University of Arizona on a golf scholarship, Karwoski will have to find a new leader for his teams.

"In both sports, I don't think she did anything but set the bar," said Karwoski of Gomric. "She wants to be in situations where the game is on the line. In golf, you want her over that 'four-foot putt and in basketball, you want her on the free throw line." We had some tight ballgames down the stretch and we kept the ball in her hands."

Gomric was switched to shooting guard as a senior after three seasons at point guard.

(See GOMRIC, Page 2B)



East St. Louis hurdler Rodney Session celebrates his second Illinois state title in as many years in the 110-meter hurdles May 25 at Eastern Illinois University. Session won a total of four first-place medals at state.

Flyers' Session outsteps Illinois' best at state

By Rob Raphael
Staff writer

As quickly as Rodney Session won his second 110-meter hurdles title, he's just as quick to deflect the praise that comes his way.

Session, of East St. Louis Senior High School, had such a great year with his sports that he has been named as the Illinois Journals 1995-96 Male Athlete of the Year.

Session talked about it one is reminded that athletes don't succeed on their own.

"I run and train for the honor because it's what I've been striving for," said Session, 18. "But I didn't do it by myself. I had family, friends, God, team mates and coaches all helping me reach my goals."

"I'm not shocked that I had a great year. I knew I could do it all," he said.

Session was a vital part of two East Side teams that nearly won state titles.

In track, Session led the Flyers to a second-place finish

in the Class AA state meet at Eastern Illinois University last

spring. In fact, they're probably still chattering his name at Oberlein Field in Charleston, after Session wowed the fans with four stunning performances May 25.

He won the 100 and defended his 110-meter hurdle crown,

finishing with a time of 37.87. The best was his 110-meter hurdle race or rest up for later events, Session decided to compete.

"At the time we really needed the points, but it was totally up to him whether to run or not," said his coach. "He said he wanted to run the 300 (meters), and when he says he wants to run you let him run."

It looked like a bad decision through the first two meetings, but Session made up a 15-meter deficit and overtook Wheaton Warrenville South's Matt Rodgers at the wire to win by one one-hundredths of a second.

After East Side flew to a first-place finish in the 4x100-meter relay, with Session anchoring the team, it was *deja vu* all over again.

(See STATE, Page 2B)

Speedy battles set standard for East Side standout

By Rob Raphael
Staff writer

Although Rodney Session is currently competing in the East St. Louis Dashers summer track program, his fondest memories will always be of his high school track days.

The Dashers compete in amateur track meets across the Midwest, and Session recently competed at the Junior Nationals.

But when it comes to competition, Session never seems like the battles he got from a former teammate.

Last summer, Session and former Lin-

coln High School hurdler Keith Rodgers were both on the Dashers. When Session looks back at his high school days, the thing he said he remembers most is his rivalry with Rodgers.

"I remember when I got beat by Keith, at the (AN) when we met last year," Session said. "That was the last time I got beat in the 110 (hurdles). I always respected Keith, and he and I were good friends."

"He was always the person I looked to, to go where I had to go to be the best."

Apparently, Rodgers' example rubbed off on Session, as the East Side track star went on to win the Class AA state title in

the 110 hurdles last year. He then went on to successfully defend that title this spring. It was one of five medals Session took home with him from Charleston in May.

"I am proud of what I did there, but our goal was to be the state champion," Session said of the Flyers. "We didn't accomplish that, but I think we proved we were back."

To see Session led the Flyers to their second-place finish at state would be a gross understatement.

After a disappointing showing as a team in last year's Class AA state track meet,

(See SESSION, Page 2B)

Also considered...

BOYS	GIRLS
Dane Stovall (Sr.) Football, basketball, baseball	Sarah Woolsey (Sr.) Volleyball, basketball
Greg Venegeli (Sr.) Football, wrestling	Natalie Bennett (Jr.) Belleville East Basketball, softball
Tim Fecarava (Sr.) Belleville East Football, basketball	Jessica Dillane (Sr.) Belleville East Volleyball, basketball
Phil Carnavas (Sr.) Belleville West Football, basketball	Jessica Jackson (Sr.) Belleville East Volleyball, basketball
Ray King (Sr.) Football, basketball	Lindsay Winter (Sr.) Belleville South Volleyball, softball, soccer
Matt Field (Sr.) Football, basketball, baseball	Sarah Etzkorn (Sr.) Volleyball, basketball, softball
Andy McFall (Sr.) Football, basketball, baseball	Lindsay Rust (Jr.) Belleville East Volleyball, basketball, softball
Ryan Paxton (Jr.) Columbia Basketball	Katie Meyer (Jr.) Collinsville Cross country, track
Shawn Johnson (Jr.) Columbia Basketball	Janelle Mohr (Jr.) Columbia Volleyball, basketball
Josh DeJarnette (Jr.) Football, basketball, baseball	Mandy Uhlrich (Jr.) Volleyball, basketball, softball
Jim Dougherty (Sr.) Edwardsville Football, basketball, baseball	Carrie Drake (Sr.) Edwardsville Basketball
Steve Nicholson (Sr.) Football, basketball, baseball	Patty Buckley (Sr.) Gibson Volleyball, basketball, softball
Lyle Krampen (Sr.) Freeburg Basketball, track	Dense McMillan (Sr.) Gibson Volleyball, basketball
Chris Jacob (Sr.) Granite City Football, wrestling	Nicole Schaefer (Sr.) Lebanon Basketball, softball
John Venske (Sr.) Glen Carbon Wrestling	Lindsay Speer (Sr.) Glen Carbon Cross country, track
Eric Schuh (Sr.) Lebanon Basketball, baseball	Liam Reishak (Sr.) Red Bud Volleyball, basketball
Tom Barrett (Sr.) Football, track	Mitch Westfall (Sr.) Volleyball
Josh Cigliano (Sr.) Triad Basketball, track	Kris Schmidt (Sr.) Waterloo, Marshall Volleyball, basketball, softball
Darryl Davis (Sr.) Waterloo Football, basketball, baseball	Lindsay Wescil (Sr.) Waterloo Volleyball, basketball, softball
Brett Gross (Sr.) Waterloo Football, basketball	Susan Gibson (Sr.) Cross country, track



This Friday is
Chee-los Autograph
Team Ball Night!
July 26, vs. Montreal, 7:05

All fans age 15 and under
receive a baseball with the
Cardinal signatures FREE!
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All fans with a paid admission.

This Saturday is
Coca-Cola/Quick Trip
Cap Nite!
July 27, vs. Montreal, 7:05

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SPORTS

•State

(Continued from Page 1B)

•Career

(Continued from Page 1B)

played, we should have won. It was disappointing to lose, but they were the state champions and everyone else was along the way. Our team was special this year.

"In golf, I was very pleased with my finishes in state. I was third in the amateur division as senior and second as a senior and that's something I'll always feel special about."

Gomric looks back on her high school career with no regrets.

"I feel I made the right choice in dropping soccer and softball," she said. "Content is what I'm after. The next year I felt I had a better future ahead of me. But I also felt I needed to play basketball just to give myself a little release in the winter."

Golf, though, is Gomric's first love, and it's kept her busy since she graduated from Althoff.

"My first tournament this year was in Tucson (Ariz.) at the Junior Girls Championship and I finished eighth," Gomric said. "It was the end of May and I hadn't played as much as I wanted to, so getting eighth place on a really difficult course, I was really happy with my finish."

That tournament was held at Star Pass, which is one of

the courses Arizona plays and practices on. They play at some of the best facilities in the country.

The next tournament (in mid-June) was the Public Links at Spencer T. Olin (in Alton) and I reached the quarterfinals in match play, but beat out the runner-up so that was really exciting. The match I lost, I was 1-under for 16 holes and the girl I was playing was 1-under for 16 holes. There is a lot you can do about that. I had never played in front of such a large crowd (of friends and family). Every time I teed up, people were there to support me."

The following week, Gomric played in the Women's Western Amateur Tournament in Eureka. She placed fourth in qualifying for the match-play segment and lost in the second round of match play on the 18th hole," she said. "I didn't play real well, but sometimes things go that way. Just to be in the field with such a caliber of players is an honor."

Gomric has the next two weeks playing in Wisconsin at the Wilson Open (an American Junior Golf Association event) and in Arizona at the Tournament of Champions.

Ex-Althoff teammate Scott

Moore, a Collinsville resident who will also play at Arizona on a golf scholarship, won the boys' portion of the Wilson Open.

"We were both looking to win, but I just fell a little short that last day," Gomric said. "I would be disappointed with a second-place finish in a tournament like that."

"The Tournament of Champions is invitation only for people who have tournaments finished in the top three. I shot 76 and 77 the first two days, but I shot 79 the third day and was sitting around 13th place. I shot 89 on the last day and finished ninth."

"That was a confidence booster. It showed that when the pressure was on, I could come through with a low score."

On Monday, Gomric was scheduled to compete in a qualifying round for the Michelob Light Heartland Classic in the CGA tournament to be held Thursday through Sunday at Forest Hills Country Club in St. Louis. Her final tournament before leaving for school is the Canon Cup Aug. 5-6 in Jackson Hole, Wyo.

"Just to have the opportunity to be part of an LPGA event at the age of 18, I consider myself fortunate and lucky," Gomric said.

(Continued from Page 1B)

With Session and Rodgers each anchoring their respective 4x400 teams, the Flyers star recovered from a bad handoff and again made up ground to nip Rodgers by a half-second.

Still, Warrenville South edged the Flyers by four tenths of a second.

"We really wanted to bring home that first-place trophy," Session said. "We accomplished that, though. We brought home a tradition back to East Side, and the respect."

"I think next year's team can go all the way. They have a lot of determined individuals and I think I was able to teach them something. You have to leave your heart on the track. It's a mean business."

Session also played basketball for East Side, but his second love was football.

The 5-foot-7, 160-pound senior helped the Flyers reach the

Class 5A semifinals last fall by catching 30 passes for 240 yards and seven touchdowns. But his talent didn't end at wide receiver. Session was the most outstanding running back in the area and he scored two return touchdowns as well.

He also scored three times on flanker-reverse plays.

"I probably had quite a year receiving as I did as a junior, but I was more of a possession receiver this year," he said. "But we had a great year to catch the long (passes)."

"I really enjoyed returning the ball, though. You never know what will be there when you step upfield. It might be a brick wall or it might be a yellow brick road."

The only thing keeping Session from being a Division I recruit is a great high school record.

"I have bones about the fact that early in high school, he let sports be his No. 1 priority."

"I put myself in deep hole when I was a sophomore," he said. "And I'm still trying to dig out of that hole. I've been

working hard since then to get my grades up. Things happen for a reason and I'm just glad to be going to school."

Session entertained several offers, but decided on attending Harper Junior College in Palatine, where he'll play in football and track. But his Division I dream is still alive.

"I had other offers, but I decided that junior college was best for me right now," he said. "I wanted to get my grade-point average up before I can go Division I."

This summer, Session is trying to pay East St. Louis forward for what he received. Session is helping out Davis with a summer track program that competes in AAU events, teaching young athletes and keeping the tradition alive.

"I could talk and talk all day about the people who have taken the time to help me out in my life," Session said. "It's been more than a team effort. It's been a community effort and it's been a divine effort."

•Session

(Continued from Page 1B)

the Flyers and Session were on a mission this year.

In fact, other than his loss to Rodgers last year, Session said his most satisfying memory was the Flyers' disqualification in the 4x100 at the state meet last year. The Flyers scored only 10 points at the state meet in 1995, far below their standards.

"Right from the beginning this year, Rodney was the glue that held us together," said East Side coach John Davis. "He was his No. 1 priority. This was Rodney's team."

When the second-place medals and team trophy were presented to the Flyers at the state meet in Chicago, the year Session was conspicuously absent.

Session came down on the field a few minutes later, and it was learned that he was in the stands with friends and family. Session was just too emotionally spent to come down on the field at that point.

"That's too bad, because that team truly was as much like a family as anything," Davis said.

"But I understand why he wasn't there. It was an emotional day for everyone."

"I just need a minute to gather myself," Session said.

The third memory that Session said he'll never forget is the moment he stepped onto

"I think he proved something to everyone this year. Rodney proved he was the best athlete in the state."

— John Davis
Flyers coach

more noise at a track meet. Every race and field event was exciting."

And nobody generated as much noise at the event than Session, who had the fans shaking their heads often as two come-from-behind wins.

"I think he proved something to everyone this year," Davis said. "Rodney proved he was the best (track) athlete in the state."

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the track at O'Brien Field in Charleston this year. He said it was the most exciting track meet he had ever been to.

"I'd been to national meets before, and state meets. But this was the best track meet I'd ever been in," he said. "The minute I walked out there, I knew it would be special."

"That's too bad, because that team truly was as much like a family as anything," Davis said.

"But I understand why he wasn't there. It was an emotional day for everyone."

"I just need a minute to gather myself," Session said.

The third memory that Session said he'll never forget is the moment he stepped onto

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The winner will be announced during the Cardinals game on July 25th.

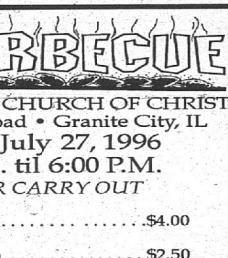
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ORGANIZATIONS

First Presbyterian Evening Circle elects new officers

The Evening Circle of the First Presbyterian Church met May 29 in the Ladies Parlor of the church.

Hostess for the evening was June Jones, who welcomed the members.

Burdine Holtzschner, chairwoman, opened the meeting with prayer. The minutes of the previous meeting were read and reports were given.

Gladys Pape gave a report on Church Women United's "May Fellowship Day," which was held May 3 at the Salvage. A salad luncheon was enjoyed at noon and the Least Coin offerings were presented. Attending from First Presbyterian Church were Pape, Holtzschner, Bess Henley and Virginia John.

The circle's new study mate-

rial; "Encounters With Jesus," was introduced by Barbara Landis. It will examine the gospel according to Matthew and will be used when the circle meetings begin again in September.

An election of officers was held. A motion was made to retain the current officers for the coming year. They are Holtzschner, chairwoman; Gladys Reinhard, vice chairwoman; Bette Rees, secretary, and Landis, treasurer.

The Fellowship of the Least Coin, entitled "Holy Be Your Name," written by Yvette Temauri, a voice from the Pacific, was read by Landis. The lesson, "Glimpses of

Entry," was presented by Vee Mahrone using scripture from Matthew 25: 31-46; and John 3: 1-10; which emphasize that those who inherit a place in the realm of God must take the hand of Jesus and help those in need: the poor, the sick, the hungry, the homeless and the imprisoned. Prayer concluded the lesson.

As the members formed a circle and repeated the Mizpah benediction, the meeting closed.

A social hour followed as the hostess served refreshments to Thompson, Betty Schmedake, Rees, Pape, Landis, Fuhrman, Holtzschner and Shirley Yates.

Granite City Journal-July 24, 1996-Page 7B



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Meet & Match
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Briefly

Beta Nu installs officers

Beta Nu Chapter, Phi Tau Omega Sorority, held its installation of officers at the Red Lobster Restaurant in Fairview Heights with 10 members present.

A report was made on the national convention, held in Minnesota in June.

Officers installed were Judy Modrusic, president; Judy Modrusic, vice president; Dorothy Hillmer, first vice president; Shirley Becherer, social secretary; Norma Hillmer, treasurer; Eunice Whitsell, associate



A donation — The Madison Veterans of Foreign Wars Post made a donation to the Madison Senior Citizens recently. Shown are, from left, Jerry Hayes of the VFW Auxiliary, Alda Yurko, president of the Madison Senior Citizens, and Mr. Hayes.

Attention Roman Catholics

Would you like the facts on what is happening within the Springfield Diocese and around the country? Have you had enough of the abuses and dissent? Would you like to learn about the **Roman Catholic Faithful**? If so, please join us Monday, July 29th at 7:30 pm at the **Gateway Center** in Collinsville, IL.

For more information, write or call

Roman Catholic Faithful, P.O. Box 12123, Springfield, IL 62791

Ph. (217) 632-5920 Fax (217) 632-5924

The following article is reprinted with permission from the June 27th issue of **The Wanderer**.

The Wanderer is a national Catholic newspaper.

The Wanderer, 201 Ohio St., St. Paul, MN. 55107

Ph. (612) 224-5733

So Much Worry For So "Little" Circulation

By THOMAS A. DROLESKEY

The warfare being waged by the Adversary within the ranks of the Church is well-known to faithful priests and laity since boundless these days. Good priests who are known or are being subjected to various facilities for psychological reprogramming. Parishes who will not silently acquiesce in doctrinal and liturgical deviations are branded as troublemakers. And many in the offices across the land - people who resent any attempt by Rome to exercise its legitimate authority over them - let it be known all who will not submit to their attempts to subdue the faith.

The litany of abuses, richly documented, is well-known to **Wanderer** readers. The influence of the New Age movement, the corruption of the morals of the young by all manner of heretical influences, the propagation of heresies which question the basic tenets of the faith, support given to contraception and abortion, the unjustified use of general abolution, the influence of the homosexualist world in chancery offices and seminaries, and the obliteration of all liturgical norms in the name of pluralism and incontinence, provide faithful Catholics with numerous heresies to hear.

A series of articles has appeared in **The Wanderer** documenting the situation in the Diocese of Springfield, IL. This has incensed Bishop Daniel L. Ryan, who has taken the rather extraordinary step of denouncing us in his own diocese. The **Wanderer** has also taken a stand in the field since last October. He also used a radio appearance to blast the articles. In each instance Bishop Ryan never addressed the specific charges made in the articles. All he did was to call **The Wanderer** a small-circulation newspaper which specializes in calumny and slander. He gave all of the officials named in the articles his total support, saying that **Wanderer** in the Diocese of Springfield should be proud of the work they are doing for the Church.

Bishop Ryan's assault upon **The Wanderer** was preceded by an article which appeared in **The Catholic Standard** several weeks earlier. That article was aimed at warning Catholics to beware of groups calling themselves "Catholic" which are not officially connected to the Church. He listed Catholics for a Free Choice in this regard. But he also named Catholics United for Life and the Catholic Speakers Forum of Central Illinois as groups which were "not much more than a bunch of laymen." He also mentioned the **Catholic Standard** as being run by "so few" Fr. George William Ryan, Dr. William A. Moran, Dr. James Hieckel, Dr. Peter Kreft, Karl Keating to give lectures on various topics. The apparent goal of that particular article by Bishop Ryan was to lump CUL and the CSF with the pro-abortion Catholics for a Free Choice, trying to plant the seed of doubt in the minds of the informed Catholics that some of the so-called "right to life" groups are not much more than a bunch of laymen.

Finally, Bishop Ryan should be aligning himself with Bishop Bruskewitz, not playing to the crowd by criticizing him. While Bishop Bruskewitz might stand alone in this country, we must remember that St. John Fisher, the bishop of Rochester, England, an English bishop of the 16th century, VIII declared himself head of the Church in England. Fisher lost his head for his fidelity. Bishop Bruskewitz must endure the barbs of his own brother bishops, as intent on human respect in this country as the English bishops were 460 years ago.

Bishop Ryan should not be worried about a "small-circulation" newspaper having certain deficiencies in its coverage of his diocese. He should be concerned because he lacks the courage and the faith of Bishop Bruskewitz to have only those people in his employ who are not merely nominally in union with Rome, but those who are in fact loyal sons and daughters of the Church who teach the faith in all of its purity.

Everything will be revealed at the end of time, including the veracity of the reports contained in this newspaper. We pray that Bishop Ryan will not wait until then to realize he has created a situation which imperils souls in his diocese.

[For a reply on Bishop Ryan's letter, see this week's **Granite City Journal** on p. 9.]

"Bishop Ryan is an expert at ignoring anything that does not fit into his or Kathleen Cour's agenda. So I am happy that your paper has at least made an acknowledgement that there is a problem as he contends in the teaching of the Church and to Rome - but it is a thankless task here, and his attitude toward priests is very degrading, to say the least. Thanks for listening."

The letter from the priest was signed, yet he added this postscript: "Please don't use my name. I've felt the bishop's wrath before."

What really worries Bishop Ryan is that he knows this "small circulation" newspaper is read in the Vatican.

The Fellowship of the Least Coin, entitled "Holy Be Your Name," was written by Yvette Temauri, a voice from the Pacific, was read by Landis. The lesson, "Glimpses of

Entry," was presented by Vee Mahrone using scripture from Matthew 25: 31-46; and John 3: 1-10; which emphasize that those who inherit a place in the realm of God must take the hand of Jesus and help those in need: the poor, the sick, the hungry, the homeless and the imprisoned. Prayer concluded the lesson.

As the members formed a circle and repeated the Mizpah benediction, the meeting closed.

A social hour followed as the hostess served refreshments to Thompson, Betty Schmedake, Rees, Pape, Landis, Fuhrman, Holtzschner and Shirley Yates.

Teacher Association will sponsor a yard sale from 9 a.m. to 1 p.m. Saturday, Aug. 3, at the school, 2400 Wilson Ave., in Granite City.

Proceeds from this sale will help plans for playground equipment to continue.

For more information, call Jane Franko at 570-2316.

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SENIOR NEWS

Senior menus

Donations for noon meals are \$5. Call ahead for reservations 627-4373.

Wednesday, July 24

Salisbury steak, whipped potatoes, gravy, spinach, wheat bread, chocolate chip cookies.

Thursday, July 25

Ham and cheesy noodles, tossed salad, bread, potato chips, wheat bread, pear slices.

Friday, July 26

Fried chicken, whipped potatoes, gravy, brussels sprouts, wheat bread, apple sauce.

Monday, July 29

Hamburger, pickled onions, Au Gratin potatoes, fresh sliced tomatoes, bun, vanilla ice cream.

Tuesday, July 30

Beef tips with mushrooms and noodles, tossed salad, green beans, wheat bread, fruit cocktail.

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Wedding Memories

A special tribute to couples wed from 1900-1996 will appear in the Classified section on Sunday, July 28.

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special section. The deadline is
Monday, July 22nd, and the
price is the year the couple was
wed. For example, if you were
married in 1933, the cost of the ad would be
\$19.33. To submit your tribute, complete the form below, include
photograph & payment and mail to Suburban Journal, 1714 Deer
Tracks Trail, St. Louis, MO 63131. Please put your name and
address on the back of the photo so that we may return them. If you
have any questions, please call us at (314) 966-FAST (3278).



Wedding Memories

General Dept., Suburban Journals, 1714 Deer Tracks Trail, St. Louis, MO 63131

Names of Bride & Groom _____ Location of wedding _____

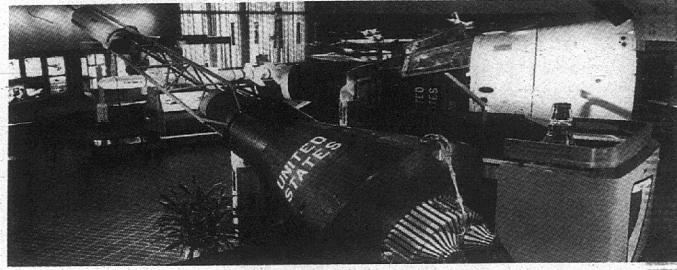
Date of Wedding _____ State _____ Zip _____

Price is per year couple wed: \$ _____ Check/Money order or _____

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Mark the Zone South Jeff West North St. Charles Illinois

Signature _____



Aerospace Exhibit open to public

Visit the world of air and space this summer by browsing through the McDonnell Douglas Prologue Room. The exhibit displays the company's achievements in aerospace technology since 1920.

Located in the world headquarters building at McDonnell Boulevard and Airport Road, the Prologue Room is open 9 a.m. to 4 p.m. Tuesday through Saturday, June through August. Admission is Free.

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LOCAL NEWS

Briefly

Church ship setting sail

"This year, our church is taking a vacation from Vacation Bible School," said the Rev. Mike Hopkins, pastor of City Temple in Granite City. "Instead of going to school, we're setting sail on the Vacation Bible Ship. We won't find any boring reminders of tedious schoolwork here."

"Our Vacation Bible Ship program will provide fun, memorable Bible-learning experiences for kids in kindergarten through those just finishing fifth grade," said Hopkins. "Each day, kids will sing catchy songs, play team-building games, eat tasty treats from the ship's galley, sail into Bible adventures and create unique crafts they'll take home and play with all summer long."

"Vacation Bible Ship is a five-day celebration of God's love. We'll conclude each day with a festive Bible ship show time program that gets everyone involved in learning what they've learned," said Hopkins. "Family members and friends are encouraged to join us daily in this special time (9-40 a.m.). We hope Vacation Bible Ship will spread God's love and joy throughout our community."

Vacation Bible Ship begins Monday, July 22, and continues through Aug. 2. Cruises depart from City Temple, 4751 Maryville Road in Granite City, each day at 9 a.m. and return at noon.

Review course scheduled

Secretary of State George H. Ryan, in cooperation with the Granite City Council of Senior Citizens, is offering a Rules of the Road review course for all citizens in the Granite City area. This course is free to everyone, any age, who wants to attend.

The two-hour course is designed to answer questions about the Rules of the Road and to assist participants in preparation for examination. Topics include written, vision and road tests.

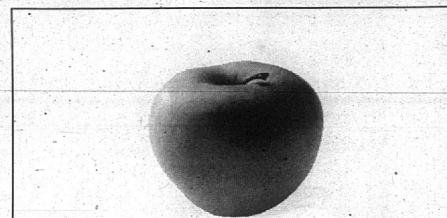
The Rules of the Road review course will be held from 9 to 11 a.m. Friday, July

26, at the Granite City Township Hall, 2060 Delmar Ave., Granite City. Preregistration is not required.

Call 877-4373 for more information.

APA hosting car wash

The Granite City Association for the Protection of Animals will hold a car wash to benefit the animals. The benefit is scheduled from 9 a.m. to 5 p.m. Saturday, July 27, at Pontoon Beach Shell Station on Illinois 111 at Pontoon Road.



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Today's Food

Wednesday, July 24, 1996

Food & Nutrition

Wise Ways

Irradiation could answer challenge of keeping fruit safe and avoiding illness, such as the recent case of berries containing parasites. **INSIDE**

Heart-y Bites

Flaming dessert is a low-fat, spectacular way to make dinner sparkle. **INSIDE**

Blue Ribbon Cook

Okra from the garden or the freezer takes winning flavor from tomatoes, onion and hearty spices. **INSIDE**

Private Label Test Run

Juices comes in favorite blends. The President's Choice label at Schnuck Markets peps up the imagination with fanciful combinations for this week's tasting. **INSIDE**

Micro Raves

Cool and creamy pie turns down thermostat of both weather and food. **INSIDE**

Lively Taste

Use this sweetly tart combination of flavors the next time you grill pork or seafood. Stir together 1 cup apricot preserves, 2 tablespoons lime juice, 1/4 cup orange juice and 1 tablespoon grated fresh ginger root. Brush on food during last 5 minutes of grilling. Makes 1-1/4 cups sauce. 46 calories and no fat per tablespoon.

Health & Fitness

Medicine Chest

Food poisoning, on the rise, often can be avoided with simple techniques in preparing, cooking food. **INSIDE**

Fresh Picks

Fresh peaches and tomatoes have something in common. Each is easy to peel by the same method. Place the whole food in boiling water just long enough to let heat permeate the peel. Transfer immediately to a bowl of ice-cold water. The skin peels right off.

Big Fat Tip

For low-fat fettuccine, cook 12 ounces dry fettuccine according to package directions. Drain. In large nonstick pan, combine hot pasta with 2 cups evaporated skim milk and 4 cloves garlic, minced. Bring to simmer, stirring frequently. Add 6 tablespoons grated parmesan cheese. Cook until cheese melts and sauce thickens. Stir in 1/4 cup chopped fresh parsley plus freshly ground pepper to taste. If desired, toss gently with 2 cups chopped and steamed vegetables, such as carrots, green beans, zucchini, onion, broccoli or peas. If desired, add splash of white wine, or 1 teaspoon curry powder to sauce before heating.

Future Shop

Low-fat and fat-free ice creams are hot. Sales of the fat-free, no-sugar-added category for ice cream increased 193.6 percent in the last year alone, and fat-free ice cream sales rose 44 percent during 1995.

Sunny Side Up

By Janice Denham
Staff writer

Kids, bless 'em, see the fun in life. Hold on though. That infectious, childish laughter is lurking in everyone.

Sometimes it takes a frozen pop or a Twinkie or a s'more to bring it out. Is it always a belly

laugh? No, sometimes it is the tingling of a smile, but it always feels good down to the toes.

Today try a variety of cool approaches to find that sigh, smile or shout of satisfaction. Often it is easier to find during the summer, particularly in the company of a child. It lurks closer to the surface. Watch out. It could become a habit.

PUDDING CHILLERS

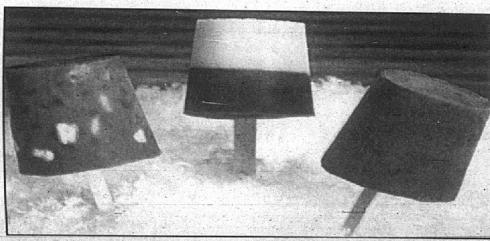
Pour 2 cups milk into medium bowl. Add 1 package (4-serving size) instant pudding mix. Beat with wire whisk 2 minutes. Spoon into 5-ounce paper or plastic cups. Insert wooden spoon or stick or plastic spoon into each for handle.

Freeze 5 hours or until firm. Place bottom of cup under warm running water 15 seconds. Press firmly on bottom of cup to release chiller. Store in freezer.

Makes 6 chillers.

Creamy Pudding Chillers: Pour 1-1/2 cups cold milk into medium bowl. Add 1 package (4-serving size) instant pudding mix. Beat with wire whisk 2 minutes. Gently stir in 2 cups frozen whipped topping, thawed. Prepare and freeze as directed. Makes 9 chillers.

Choco-Banana Chiller: Use chocolate pudding. Stir in 1/2 cup mashed banana before

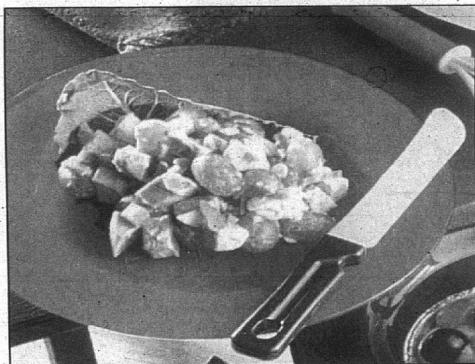


freezing.

Toffee Crunch Chiller: Use vanilla pudding. Stir in 1/2 cup chopped chocolate-covered toffee before freezing.

Rocky Road Chiller: Use chocolate pudding. Stir in 1/2 cup mini marshmallows, 1/4 cup chopped peanuts and 1/4 cup chocolate chips before freezing.

Double Deck Chillers: Prepare any 2 flavors, using individual amount of milk for each. Before freezing, spoon about 1/4 cup of one flavor into each of nine (5-ounce) cups. Repeat with remaining flavor on top.



Greatest Chicken Salad Ever

In medium bowl, mix together 2 cups diced, cooked chicken breast; 1-1/2 cups grapes; 1/4 cup chopped celery; 2 tablespoons chopped peanuts; 3 tablespoons reduced-fat mayonnaise; 1/2 teaspoon salt, and pinch pepper.

Place spoonful on lettuce leaf, or scoop it onto half-slice of bread and cover with second half-slice.

Makes about 6 servings.

Muddy Buddies Brand Snack

In microwave-safe bowl, combine 1 cup chocolate chips, 1/2 cup peanut butter and 1/4 cup margarine. Microwave on high power 1 to 1-1/2 minutes until smooth, stirring after 1 minute. Stir in 1 teaspoon vanilla.

Pour 9 cups favorite Chex cereal into large bowl. Pour chocolate mixture over cereal; stirring until all pieces are coated evenly.

Pour into large resealable plastic bag with 1-1/2 cups confectioner's sugar. Seal securely. Shake until all pieces are well coated. Spread on waxed paper to cool.

Makes 9 cups.



Today's Food

Private Label Test Run

Wise Ways

By CAROL SCHLITT



New varieties of President's Choice fruit juice cocktails at Schnuck Markets pull out the sweetness of peach, tang of cranberries.

Juice mixes fruits for cooling power

Juices invite soothing, nutritious sipping that offsets summer's sultriness. President's Choice juice cocktails at Schnuck Markets recently expanded into a variety of new flavors.

Testers enjoyed a cool taste of two of them, peach and cranberry and peach. New flavors in the President's Choice line vary by store. Others include raspberry cranberry, grape cranberry and, in a large "club" size, cranberry apple.

The "cocktail" means it is all pure juice. Both peach cranberry and peach have 25 percent juice. Extra sweetness comes from high-fructose corn syrup. A 16-ounce (48-ounce) serving has 130 calories, 10 to 15 milligrams sodium and 31 grams carbohydrate (all sugars).

Although results varied, more people favored the peach cocktail than the blend with cranberry juice and white grape juice combination.

"I thought the peach juice had a lot more flavor than the peach cranberry. I would buy the peach juice. Both were refreshing, but the mixed juice was a bit watery," a taster said.

"I like the juices, especially the 'bite' of the cran-

berry. The peach alone tastes much more like a nectar. It's thicker and sweeter. The color of both is pleasing. They make a good noon 'pick-me-up.' The light flavor of the cranberry was very refreshing," she said.

Back on the peach-only preferred side was another taster.

"I had looked forward to the idea of the peach combined with tart cranberries, but I didn't pick up enough tang to prefer it. The slightly thick quality of the peach alone resembled a nectar and was more like what I like, a juice I can drink over ice to quench my thirst."

She was impressed that the peach only had peach juice in it, rather than thinning with apple or grape juice.

Another was ready to buy them for punch.

"I don't know which tastes better. Maybe I prefer the 'straight' peach.

The consistency, flavor, everything about it is good. The price certainly is right, too. It would be good to serve with ginger ale and sherbet for a special occasion," she said.

The 64-ounce (2-quart) plastic bottles cost \$2.89, which compares with \$2.99 for national brands this size at Schnucks.

Irradiation can zap harmful parasites in food

In May and June, 10 states and Canada reported cases of cyclospora infection, a relatively new food-borne illness caused by a very small parasite. Before 1996, only three outbreaks of cyclospora infection had been reported in the United States.

While previous outbreaks were associated with tap water, this time the culprit was fresh fruit, specifically fresh strawberries and raspberries. The parasite was believed to not only be on, but possibly inside, the berries. This means washing the berries thoroughly would not eliminate the parasite.

Fortunately, the cyclospora infection does not seem to have invaded the local area. Symptoms of the infection include watery diarrhea, fatigue, loss of appetite, abdominal cramps and low-grade fever. They may appear anywhere from one day to two weeks after infection.

The source of the parasite has been hard to find, but is believed to have come from imported fruit.

I have monitored information on this parasite over the last year or so. One discussion group I subscribe to pointed out that if the fruit had been irradiated, this parasite probably would have been eliminated.

Irradiation exposes food to carefully controlled amounts of radiation for a specific time. It can dam-

age bacteria, parasites and insects, as well as slow down the ripening process of certain fruits and vegetables.

The U.S. Food and Drug Administration has approved irradiation for wheat, potato, flour, spices, tea, fruits and vegetables, but only a small quantity of foods in the U.S. now are being irradiated.

Irradiation can be compared to pasteurization. As in the heat pasteurization of milk, the irradiation process greatly reduces but does not eliminate all bacteria.

Irradiated poultry, for example, still requires refrigeration, but would be safe longer than untreated poultry. Strawberries that are irradiated last two to three weeks in the refrigerator, compared to only a few days for untreated berries.

With all these positive attributes to irradiation, why is it not used more often?

To many people the process sounds frightening, because it is powerful and invisible and unfamiliar to them. The term "irradiation" often evokes unfounded fears of nuclear radioactivity and cancer among consumers.

Here are commonly asked questions and answers.

Are irradiated foods radioactive?

No. It is physically impos-

sible for irradiated food to be radioactive, just as teeth are not radioactive after a dental X-ray. The process cannot increase the normal radioactive level of food. The food is exposed to radiation, or how much of an energy "dose" is absorbed.

Is nutritional quality reduced?

Studies show irradiation produces no greater nutrient loss than what occurs in other processing methods, such as canning.

Are toxic radiation products produced?

For more than 30 years, scientists around the world have been evaluating irradiated foods for radioactive products that may have formed. To date, tests have not been able to identify any health problems or ill effects associated with any formed chemical or radioactive products.

For a free pamphlet that explains irradiation, send a self-addressed, stamped envelope to: Irradiation, Edwardsville Extension Center, 200 University Park Drive, Edwardsville, Ill. 62025-3649.

Consumer scientist Carol Schlitt is nutrition and wellness educator with the University of Illinois Cooperative Extension Service at the Edwardsville Extension Center.

Heart-y Bites

By LIBBY MILLS

'Lord of grill' warms up to new flame: dessert

the American Heart Association, St. Louis Chapter

dish brought a welcome elegance to the fun of our "grab and growl" food gathering.

Whether flaming bananas, peaches, cherries, apples or other fruits of the season glow with the addition of brandy, rum, vodka or cognac. As the alcohol is burned off by the flame, an elusive flavor enchanting what was once ordinary. Spoon the flaming liquid over low-fat frozen vanilla yogurt and angel food cake until the flame dies.

The real beauty of a flamed fruit is that it does not burn your health. These low-in-fat, high-in-fiber delights offer an easy, elegant way to lower the risk of heart disease.

Registered dietitian Libby Mills is a staff member of

FLAMING RUM BANANAS WITH MERINGUE

2 tsp. margarine
2 firm, ripe, medium bananas, coarsely chopped

2 tbsp. sweetening (granulated or brown sugar, maple syrup, honey or sucanat — organic cane sugar)

5 tbsp. rum
1 tbsp. fresh lime juice

Meringue

Preheat oven to 300°. Grease six 1-cup ramekins

or other oven-safe serving dishes.

In large skillet, heat margarine. Saute bananas 1 minute.

Stir in sweetener. Saute 3 to 5 minutes longer until bananas are soft.

Pour in rum. Remove pan from heat. Tilt it to catch flame from gas stove or light a match close to the vapor. Flambe bananas, simmering a few seconds until alcohol burns off.

Add lime juice. Adjust seasoning with more sweetener or lime juice, if necessary.

Divide banana mixture evenly among prepared dishes. Spoon Meringue on top of each. Bake about 15 minutes until meringue is golden and cooked through.

Micro Raves

By BETTY SERATI

Pies can cool, sweeten summer's savage beast

Everyone loves dessert. When it is pie, dinner guests save room, barbecue fans look for a small slice of dessert "just for fun" and those who have not held a winning card hand all evening consider themselves "in the chips."

Pie has become an American classic and a tradition for certain occasions. Restaurants have designed pies as their reason for existence.

They please all palates — those who enjoy a cake texture, those who salivate over fruit fillings and those who flourish as chocoholics.

Creamy pies lighten the meal during warm summer months.

A luxurious cream pie is a no-bake celebration. Cooked conventionally on top of the range, a filling is tricky to make. All

the heat is on the bottom, so a cook must stir constantly to prevent scorching and burning.

On the other hand, when filling is prepared in a microwave oven, heat is on all sides, so only occasional stirring is required.

Both these recipes, with their few ingredients and special touches, appear to use a marshmallow base. This high ingredient results in a fluffy pie that is simple to prepare. Each pie has its own crust that adds variety, texture and flavor appeal, but either would be delicious with a customary pastry shell or graham cracker crust.

Brandy Alexander Pie is an after-dinner drink on a plate. It contains the liquors used for the popular beverage. Any favorite beverage liquors could be sub-

stituted to turn this pie into a totally different recipe each time it is made.

Cream Pie has richness that melts in the mouth and a bit of crunch from candy bars.

Betty Serati specializes in microwave cooking.

BRANDY ALEXANDER PIE

1 1/2 cups flour
1/2 tsp. salt
1/4 cup sugar
1/4 cup cocoa
1/4 cup butter
1/4 cup shortening
1/4 cup ice water
3 cups minimarshmallows
1/2 cup milk
1/2 cup dark creme de

cacao
4 tbsp. brandy
4 cups whipping cream
Chocolate curls, if desired

Blend together flour, salt, sugar and cocoa. Cut shortening and butter into flour mixture until particles resemble coarse crumbs. Add water. Combine until mixture forms ball, adjusting water if necessary.

Roll out on floured surface. Fit into 10-inch glass pie plate. Cool on high power 4 minutes until baked through. Let cool.

Filling: In large glass bowl, microwave marshmallows and milk on medium-high (70 percent) power 2 to 2 1/2 minutes until melted. Chill until cool and slightly thickened.

Blend in creme de cacao

and brandy. Whip whipping cream until stiff. Fold into marshmallow mixture.

Pile mixture into prepared pastry. Chill until firm.

Garnish with chocolate curls.

TOFFEE CREAM PIE

1/2 cup butter
1 cup flour
1/2 cup finely chopped toasted almonds
2 tbsp. honey
1 cup whipping cream
1 jar (7 oz.) marshmallow creme
5 almond toffee candy bars (3/4 oz. each)
1 tsp. instant coffee

Crust: Heat butter in small glass bowl on high power 45 to 60 seconds until melted.

Stir in flour, almonds and honey. Cook on high power, stirring occasionally, 3 to 4 minutes until blended. Set aside 1/2 cup.

Press remaining crust mixture into 9-inch glass pie pan. Cook on high power 2 minutes until set. Let cool.

Filling: Stir instant coffee into whipping cream. Whip cream until stiff. Fold in marshmallow creme.

Crush almond toffee bars into coarse pieces, then stir into cream mixture.

Mix gently. Spoon into baked crust.

Picnic foods need care and attention

Food poisoning is on the rise. Its annual cost is estimated at \$1 billion when adding up medical expenses, time away from work and food stuff losses.

Some believe the increase is due to better ways of detecting food poisoning, people frequenting the same food sources, and possibly more virulent organisms.

It is hard to catch up with the numbers, but there are anywhere from 21 to 81 million cases of diarrhea a year associated with food poisoning. Food poisoning is especially a concern in children, the elderly and those with chronic illnesses.

Foods can be poisoned with bacteria, viruses or molds, but bacteria is the most common.

While many contaminated foods can be identified because they look or smell different, not every contaminated food is easily recognized as such. Simple precautions in food handling and preparation can prevent many problems.

• Put away cooked leftovers quickly. Foods out longer than four hours give natural bacteria time to become problems.

• Summer picnics can be full of problems as foods sit out all day. If in doubt, do not eat it.

• Take every precaution to pack picnic foods so hot foods stay hot and cold foods stay cold. Don't take chances. Add extra ice or insulation.

• Don't buy foods in cans that are dented, rusted, bulging or leaky. Jars that are cracked or have bulging lids.

• Never buy cracked eggs.

Today's Food

Summer hospitality dips into freshest food of year

'Tis the season for celebrations — neighborhood bashes, holidays, family reunions, out-of-town guests — and some of the year's hottest, best food.

Whether it comes from a garden, farmers' market or the nearest grocer, the variety of summer produce is staggering. Peels of bright squash, like zucchini; tomatoes from golden yellow to fire-engine red; crisp cucumbers, carrots, celery, spicy green onions, bell peppers come in all colors and shapes. Fruits, plush berries, plums,

apricots, juicy peaches and nectarines, jewel-like cherries, tropical bananas, papayas and mangoes beckon.

What can be done with this bounty without losing the value of all this nutrition? Throw a party and a low-fat dip it's easy, fun and economical. People love to graze through platters of food, dunking into irresistible sauces.

Alongside stunning vegetables in baskets or on trays, offer Sweetly Curried Dipping Sauce. It begins

with nonfat sour cream blended with vinegar, curries, spices and herbs. A touch of honey rounds out the flavor and adds natural richness that makes this dip taste sinful when it's angelic. Each serving contains less than 1 gram fat, minimal sodium and no cholesterol.

Meat eaters hanker for something from the grill. For them, feature the popular flavor of honey mustard dip to accompany grilled sausages or chicken kabobs.

Cut lower-fat sausages, such as new poultry varieties, in 2-inch lengths for easy handling. If cooking chicken, skewer chunks of skinless breast meat. Ultra-easy Magical Honey Mustard Dip is made by whisking together just two ingredients — honey and Dijon mustard — until smooth. This sweet-hot flavor is habit-forming.

To finish the party menu, arrange a platter of strawberries, pineapple chunks, kiwi fruit rounds, apples, wedges, grapes and cubes of angel food cake with Heavenly Chocolate Honey Dip.

Dip is a luxurious blend of tangy nonfat sour cream, sweet honey and mellow-rich cocoa. Few indulgences can rival its nutritional statistics for dessert.

Cut up fruits and vegetables a few hours ahead of time and store them in the refrigerator on platters or bowls lined with damp paper towels on top to retain moisture. Cut fruits that discolor, such as apples and bananas, at the last minute and toss or rub the pieces with a little lemon juice.

Be creative when arranging food. Group in patterns, gather by color, impact or tumble everything into a colorful mosaic. Provide lots of napkins and cool drinks.

SWEETLY CURRIED DIPPING SAUCE

1 cup nonfat sour cream
6 tbsp. honey
2 tbsp. cider vinegar
2 tsp. curry powder
1/2 tsp. ground cumin
1/4 tsp. salt
2 tbsp. chopped fresh cilantro or parsley
Assorted sliced vegetables for dipping

In small bowl, combine sour cream, honey, vinegar, curry powder and cumin until well blended. Stir in cilantro. Refrigerate, covered, until ready to serve.

Serve with assorted sliced vegetables, such as cherry tomatoes, celery sticks, bell pepper strips, baby carrots and cucumber rounds.

Makes 16 servings (1/4 cup), 98 calories, 6 g protein, 22 g carbohydrates, 150 mg sodium and no fat, cholesterol or fiber each (without vegetables).

MAGICAL HONEY MUSTARD SAUCE

In small bowl, blend 2 cups honey and 2 cups Dijon mustard well. Chill until ready to serve.

Serve with grilled sausages or chicken.

Makes 16 servings (2 cups), 136 calories and 2 g fat each.

HEAVENLY CHOCOLATE HONEY DIP

1 cup nonfat sour cream
1/2 cup honey
1/2 cup cocoa
1 tsp. vanilla
Assorted fruit and angel food cake chunks for dipping, if desired

In small bowl, combine sour cream, honey and cocoa until well blended. Refrigerate, covered, until ready to serve.

Serve with assorted fruits and angel food cake.

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FEELING FIT

By Mark Lymberopoulos

Exercise may be the "diet" that works best. One expert recommends adding 200 calories worth of exercise a day. An average person can shed as much as 20 pounds a year without changing what you eat.

Easy "dose" of potassium: 1/8 cup of raisins provides 140 mg.

Super stretch: lying on your back, hug one knee to your chest until you feel your lower back lift off the floor. Hold for a moment, then switch to the other side.

Coffee: not the only caffeine culprit. Look out for caffeine in tea, cocoa, and most soft drinks, as well as some common medicines.

Adding weights may double the value of exercise. You use more energy and tone up faster. You'll need to increase the weight load every few months.

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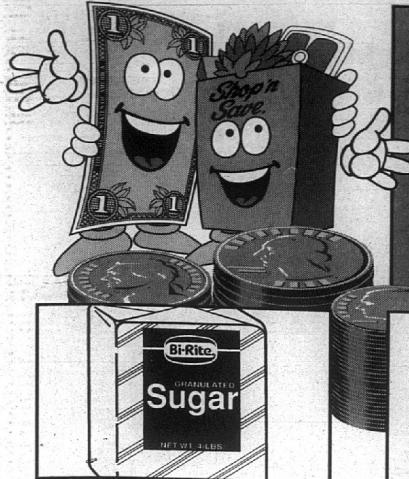
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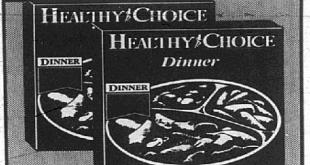
PREFERRED SELECTION
Flavored or
Spring Water **2/99**
1-LITER BTL.

REG. OR PINK. FROZEN
Shop 'n Save **3/99**
Lemonade... 12-OZ. PKG.



Shop 'n Save Skim Milk

199
GALLON



ASSORTED VARIETIES Healthy Choice Dinners

2/489
9.95-19.25 OZ.
PKG.



ASSORTED VARIETIES Tostitos Tortilla Chips

2/395
14.5-16 OZ. BAG



24-CAN CASE Coke Classic, Diet Coke or Sprite

488
24/12 OZ. CANS

COKE 2 LTRS. 79¢. LIMIT 6 COKE. OVER LIMIT 99¢

ASSORTED VARIETIES
Tropicana Pure
Premium Juice....

2/\$5
64-OZ. BTL.

FROZEN
Healthy Choice **3/495**
Entrees.....
6-10 OZ. PKG.

POWDER OR LIQUID
Ultra Wisk
Laundry Detergent **499**
98-103 OZ. PKG.

ASSORTED VARIETIES
Pasta Labelia
Flavored Pasta...

215
12-OZ. PKG.

Equal Sweetener **2/\$5**
Packets.....
100-CT. PKG.

ASSORTED FLAVORS
Luigi's
Italian Ice..... **3/\$5**
6-PACK

ASSORTED VARIETIES
Tony's Deep
Dish Pizza.....

2/495
18.25-20.8
OZ. PKG.

FAMILY SIZE
Lipton
Tea Bags..... **2/209**
24-CT. PKG.

ICE CREAM SANDWICHES OR
Meadow Gold
Fudge Bars..... **119**
6-COUNT

ASSORTED VARIETIES
Lean 'n Tasty
Frozen Entrees..

88¢
8-10 OZ.
PKG.

SELECTED NOVELTIES
Klondike
Ice Cream Bars...

2/\$5
6-PACK

ASSORTED VARIETIES
Tai-Pan
Entrees..... **199**
14.2-OZ. PKG.

NEW!
Red Gold
Tomato Juice.... **79¢**
48-OZ.
CAN

SELECTED NOVELTIES
Klondike
Ice Cream Bars...

2/\$5
6-PACK

ASSORTED VARIETIES
Tai-Pan
Entrees..... **199**
14.2-OZ. PKG.

NEW!
Red Gold
Tomato Juice.... **79¢**
48-OZ.
CAN

Acid AR
Tablets..... **179**
6-CT. PKG.

ASSORTED VARIETIES
Eggo Frozen
Waffles..... **2/\$3**
11-OZ. PKG.

NEW!
Red Gold
Tomato Juice.... **79¢**
48-OZ.
CAN

NEW!
Red Gold
Vegetable
Juice Cocktail **89¢**
48-OZ.
CAN

NEW!
Red Gold
Tomatoes... **2/89**
14.5-16
OZ. CAN

NEW!
Red Gold
Crushed
Tomatoes.... **2/69**
15-OZ.
CAN

Shop 'n Save

The more you shop
the more you save

07241A

The Best-

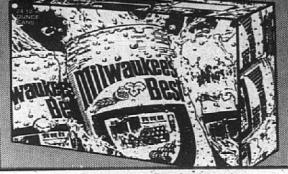
Liquor Prices
Good at Illinois
Stores Only.
Some items not
available at all stores.

Shop 'n Save Liquor Dept. VALUES!



REGULAR, LIGHT OR ICE
Budweiser Beer

1277
24-PACK
12 OZ. CANS



OLD MILWAUKEE OR
Milwaukee's
Best Beer

699
24-PACK
12-OZ. CANS

OUR LOW SALE
PRICE \$11.97
GENUINE DRAFT OR
Miller Lite Beer **897**
30/12-OZ. CANS
AFTER \$3.00 MAIL-IN REBATE AVAILABLE IN-STORE
REGULAR, LIGHT OR DRY
Michelob
Beer..... **997**
18/12 OZ. CANS

24-PACK CUBE
Miller High Life **899**
Beer..... 24/12-OZ. CANS

OUR LOW SALE
PRICE \$6.99
REGULAR, LIGHT OR ICE
Keystone Beer. **499**
24/12-OZ. CANS
AFTER \$2.00 MAIL-IN REBATE AVAILABLE IN-STORE

J.W. Dundee's
Honey Nut Beer **399**
6-L/N R/BTL.

SELECTED VARIETIES
Ingleook
Wine..... **2/\$5**
750-ML. BTL.

Vendange
White Zinfandel **579**
1.5-LTR. BTL.

CONCORD OR BLACKBERRY
Mogen David **2/\$5**
Wine..... 750-ML. BTL.

Bartles & Jaymes **2/\$5**
Wine Coolers... 4-PACK

OUR LOW SALE
PRICE \$10.99
Ten High..... **799**
1.75-LTR. BTL.
AFTER \$3.00 MAIL-IN REBATE AVAILABLE IN-STORE
Kamchatka
Vodka..... **799**
1.75-LTR. BTL.
Gilbey's
Gin..... **999**
1.75-LTR. BTL.
T.G.I. Friday's
Cocktails..... **949**
1.75-LTR. BTL.
Jose Cuervo
Gold Tequila... **1179**
750-ML. BTL.
Jose Cuervo
Margarita Mix... **399**
1.75-LTR. BTL.
Tropical Freezes
Frozen Cocktails **439**
3-PACK
PEPPERMINT OR
PEACHTREE
DeKuyper
Schnapps..... **1099**
1.75-LTR. BTL.

Please-Be Responsible
Don't Drink & Drive

Shop 'n Save Photo Processing

Your Choice of Single Prints Plus
FREE FILM OR DOUBLE PRINTS



379
EVERYDAY
24-exp.
3 1/2 inch prints

Shop 'n Save

Family Video Center

EVERYDAY LOW RENTAL PRICES!

ALL NEW RELEASE **99¢** EACH | ALL OTHER TITLES **49¢** EACH

ALL VIDEO GAMES 99¢ EACH
AT STORES WITH VIDEO CENTER ONLY



07242C

Shop 'n Save Health & Beauty VALUES!



Freeman
Bath Gel or
Shampoo

199
16-16.9
OZ. BTL.



SOFT 'N DRI, DRY IDEA OR
Right Guard
Clear Gels

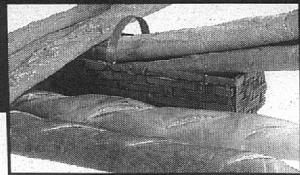
149
2.25-3 OZ. PKG.

COMPARE TO CREST COMPLETE
Homebest
Toothbrushes..... **119**
EACH
WHITENING
Aquafresh
Toothpaste..... **279**
4.3-OZ. PKG.
CREAM OR OINTMENT
Neosporin
Max Plus..... **279**
.5 OZ. TUBE

TABLETS, CAPLETS
OR GELCAPS
Advil Ibuprofen **699**
100-CT. BTL.
CONDITIONER OR
Perma Soft
Shampoo..... **199**
13-OZ. BTL.
40, 60 OR 100 WATT
G.E. Softwhite
Light Bulbs..... **159**
4-PACK

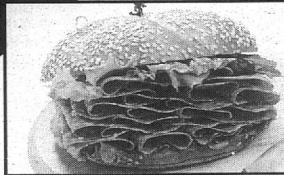
Bakery, Seafood & Deli Dept. VALUES!

Bakery, Deli,
& Seafood not
available at
all stores



FRESH BAKED
Twin French
Bread

119
16-OZ.
PKG.



Swift
Hard Salami

399
lb.

Angel Food
Bar Cake..... **149**
10.5-OZ.
PKG.

Sugar
Cookies..... **299**
24-COUNT

REGULAR OR SMOKED
Jennie-O
Turkey Breast... **299**
lb.

Cajun Prize
Ham..... **399**
lb.

Whole
Whiting..... **139**
lb.

Cooked Salad
Shrimp..... **399**
lb.

Jumbo
Cod Fillets.... **299**
lb.

Alaskan
Whitefish Fillets **169**
lb.

More Great Values In-Store!

For Less!

SPECIAL VALUES!

ON YOUR FAVORITE KRAFT/
GENERAL FOOD PRODUCTS



FAC. FRENCH ROAST OR LITE
Maxwell House
Coffee

469

24-26 OZ.
CAN



PRE-PRICED \$1.99
Kraft American
Singles

12-OZ. PKG.



ORIGINAL OR
PREMIUM LONG GRAIN
Minute Rice

28-OZ. BOX



BLUEBERRY MORNING, REG. OR
W/ALMONDS HONEY BUNCHES OF
OATS, GRAPEFRUIT OR HONEYCOMB
Post Cereal

13.5-24
OZ. BOX



REFRIGERATED
Lender's New
York Style Bagels

99¢

5-COUNT



REGULAR, LIGHT OR FREE
Kraft
Miracle Whip

139

16-OZ. JAR



ASSORTED VARIETIES
Kraft Macaroni
& Cheese

2/\$1

7.7-3 OZ. PKG.



ASSORTED VARIETIES
Di Giorno
Frozen Pizza

2/998

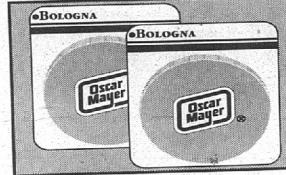
12-INCH



ASSORTED VARIETIES
Oscar Mayer
Bacon

289

1-LB. PKG.



COTTO SALAMI OR
Oscar Mayer
Bologna

2/\$3

1-LB. PKG.



ORIGINAL, LIGHT OR THIN CRUST
ASSORTED VARIETIES
Tombstone Pizza

3/798

12-INCH



REGULAR OR THICK & SPICY
Kraft Barbecue
Sauce

79¢

18-OZ.
BTL.

ASSORTED VARIETIES
Kraft
Shredded Cheese

149

.8-OZ. PKG.

FAT FREE ONION DIP OR
Kraft
Avocado Dip...

79¢

.6-OZ.
PKG.

WHOLE OR ICICLE
Claussen
Pickles.....

219

32-OZ. JAR

ASSORTED FLAVORS
Country Time
Powdered Drinks

129

6-8 GT. PKG.

REGULAR
Kraft Velveeta
With Loafsafer...
ONLY WHILE SUPPLIES LAST

459

2-LB. LOAF



KRAFT

Proudly Presents
The Women in

COUNTRY
★ **TOUR '96**

★ **STARRING**
Lorrie Morgan
Carlene Carter
Pam Tillis

★ September 7th
at Riverport

07243A



Total Value!

PRIDE OF THE FARM, 5-7 LB. AVG.

Turkey Breast

99¢

lb.
LIMIT 1 PKG.



USDA CHOICE CORN FED BEEF

Boneless Shoulder Roast

139

lb.

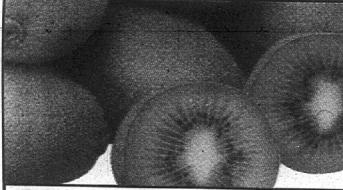
EXTRA VALUE

Holten Beef Patties..... **399**
5-LB. BOX

Jennie-O Ground Turkey **79¢**
1-LB. ROLL

4-5 LB. AVG.
Thorn Apple Valley Whole Turkey Ham **159**
lb.

Wow! Look
What a Nickel Buys!



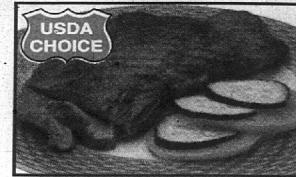
KIWI EXTRAVAGANZA

NUTRITIOUS Kiwi Fruit **5¢**
Limit 20 EACH

FRESH Golden Ripe Pineapples..... **288**
EACH

MISSOURI Red Ripe Watermelon..... **298**
EACH

Fresh Blueberries..... **188**
PINT



USDA CHOICE CORN FED BEEF

Boneless Charcoal Steak

159

lb. FAMILY PACK

Kahns Corn Dogs..... **2/\$3**
1-LB. PKG.

ASSORTED VARIETIES Farmland Lunchmeats.... **99¢**
1-LB. PKG.

Tennessee Pride Pork Sausage..... **189**
1-LB. ROLL



LEAN
Boneless Beef Stew

159

lb. FAMILY PACK

FROZEN TENDERBIRD Chicken Wing Drumettes..... **399**
3-LB. PKG.

Oscar Mayer Sliced Bacon.... **289**
1-LB. PKG.

REG. OR BUN LENGTH Oscar Mayer Hot Dogs..... **2/\$3**
1-LB. PKG.



ALL VARIETIES
Oscar Mayer Lunchables

4/\$5

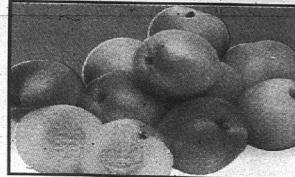
4.5-OZ. PKG.

CHUNK Kahns Braunschweiger.. **159**
1-LB. PIECE

Oscar Mayer Sliced Bologna.... **2/\$3**
1-LB. PKG.

WHOLE OR ICICLE Claussen Pickles..... **219**
32-OZ. JAR

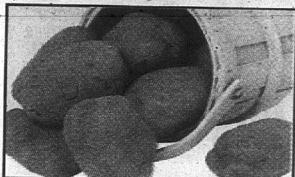
Garden Fresh Produce!



California Nectarines

88¢

lb.



U.S. NO 1
Russet Potatoes

198

10 POUND BAG

FRESH California Broccoli..... **88¢**

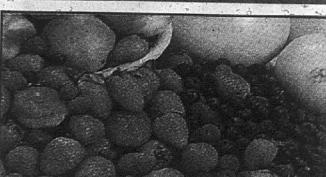
Dole Special Blends Salad..... **148**
10-OZ. PKG.

The Finest Quality & Selection!

FRESH Zucchini Squash..... **68¢**
lb.

FAT FREE Marzetti's Dressing..... **238**
12-OZ. BTL

FRUIT FLAVORED Rainbow Drinks..... **8.98**
8-OZ. PKG.



Try These Exotic Varieties!
NOT AVAILABLE AT ALL STORES

MALA OR Bok Choy..... **88¢**
1-LB. PKG.

WONTON OR Egg Roll Wrappers..... **128**
1-LB. PKG.

Kim Chee..... **269**
16-OZ. JAR

SOFT, FIRM, X-FIRM OR SPICE Naysoya Tofu..... **148**
16-OZ. PKG.

MELISSA'S, DRIED Blueberries..... **298**
3-OZ. PKG.

MELISSA'S Basmati Rice..... **278**
12-OZ. PKG.



Shop 'n Save

The more you shop the more you save. SM

S	M	T	W	T	F	S
24	25	26	27			

07244A

* PRICES GUARANTEED THRU JULY 27, 1996 AT ALL ST. LOUIS METRO STORES ONLY • WE RESERVE THE
RIGHT TO LIMIT • NO SALES TO DEALERS • FOR LOCATIONS CALL (314) 984-0900

Shop 'n Save

DOUBLE YOUR
MONEY BACK
MEAT & PRODUCE
GUARANTEE
WITH PROOF OF PURCHASE

WE TAKE
PLASTIC!

Classified

CALL 877-7700 or 876-2000

HOURS:
8:00 a.m. - 5:00 p.m.
Monday - Friday
Closed
Saturday & Sunday

Hours: Monday-Friday 8 am-5 pm • Closed Saturday & Sunday

1-800-766-FAST (3278)

For Commercial Rates Call 877-7700. Help Wanted 876-2000.



HOW TO...

PLACE AN AD

There are four easy ways to place your ads directly to our Classified Fax Center at (618) 876-2420. We call it back for confirmation.

MAIL IT: Send your ads to Classified, Granite City, Press-Record Journal, 1815 Delmar, Granite City, IL 62040.

PAY FOR AN AD

You will be billed immediately, either by mail or over the phone or fax. We accept checks and credit cards (MC/Visa or Discover). When placing over the phone, please have your credit card number. We'll call you back for confirmation. Please do not send mail through the mail. Some ads require prepayment.

WRITE AN AD

Capitalize the reader's attention with large, bold lines, bold type, and icons. Tell them up front what you're seeking. If you're seeking what is unique about your item, add details such as how it's unique. Make your ad harder to read and therefore less effective. Include your phone number and the hours you're available. The higher the price, the more you're likely to receive.

CANCEL AN AD

Deadlines for ad cancellation are identical to deadlines for placing ads. You may cancel an ad in person or over the phone. To cancel an ad, phone 877-7700 or 876-2000.

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Employment

Notices

Services

Merchandise

Real Estate

Rentals

Transportation

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Real Estate

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14 FORD

14 FORD

PSST! HAVE YOU HEARD ABOUT THE BLOWOUT DEALS AT KOETTING FORD!

JERRY KOETTING

NEW '96 ESCORT LX 3 DR

\$900.00 CASH BACK

\$500.00 CASH BACK

NEW '96 CROWN VICTORIA

\$1000.00 CASH BACK

LARGE SELECTION

\$1000.00 CASH BACK

NEW '96 TAURUS

\$1500.00 CASH BACK

6.9% FINANCING AVAILABLE

NEW '96 RANGER

\$1000.00 CASH BACK

\$1000.00 CASH BACK

NEW '96 WINDSTAR

\$1500.00 CASH BACK

FRESH SHIPMENT JUST ARRIVED

'95 MUSTANG CPE \$14,999

'95 ESCORT '95 T-BIRD '95 TRACER

SAVE \$1000's

LOW MILEAGE NEW CAR FINANCING RATES AVAILABLE

Balance of 3 year 36,000 mile Factory Warranty

Auto. P.D. Tilt Wheel

Power Brakes

Power Seats

Power Control Stereo Cassette

All prices exclude Tax, Title, License and Doc. Fee

3929A

'94 CHEVY BERETTA Z-26

"Auto, A/C, Loaded

3929A

'93 SUNBIRD

Auto, A/C, P/S & P/B

3868A

'91 CAVALIER

2 DR., AUTO, A/C,

SunRoof & More

3868A

'95 T-BIRD LX

8 cyl. AMF/C, Tilt/Slide

"NEW PROGRAM"
FOR CREDIT PROBLEM CUSTOMERS
★ Low Money Factors
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Over 2000 to 10,000 monthly payments at
\$1200 minimum down & a minimum of 2 years on the job
Can you afford to wait? We can help you get into a car
with a minimum down payment & a low monthly payment.
Call 843-5726 for more information.

NAME: First	Middle	Last	St.	Date of Birth	Phone #
ADDRESS: Number & Street	City	County	State	Zip	Lived There Years
Ref'd By: Lender/Mortgage Holder (Name, Address & Phone #)	Man: Payment				
PREVIOUS ADDRESS: Number & Street	City	County	State	Zip	Lived There Years
Employed: Name of Company	Address	City	State	Phone #	How Long? Months
Trade or Occupation: Sales Wages Before Taxes	Name of Previous Employer Address				
Initials _____ Date _____					
Signature _____					

SUNSET FORD
11700 GRAVOIS
ST. LOUIS, MO 63127



PONTIAC
'96 GRAND AM SE COUPE
Auto, 5-Spd. 4-Cyl., Anti-Lock Brakes, Power Moon.
WAS \$16,322
Now \$13,822



GMC
Sierra '96 1500
V-6, Auto, Air, AM/FM Cassette
WAS \$18,603 Now \$16,565

FAIRMONT CITY 271-2700

USED CARS

80 GRAND PRIX 2 DR. LE
Clean Car, V6, Auto
95 PONTIAC BONNEVILLE SSE
Full Power, Great Buy
91 FORD MUSTANG LX
4 Dr, V-8, Auto, V-6, V-8
96 PONTIAC GRAND AM
4 To Choose From 5,XXX Miles -
93 GRAND AM
Aqua, 2 Dr., 4 Cyl., Auto, A/C
95 ODESSA Achiever
4 Dr, V-6, Auto, V-6, C. Loaded
92 MERCURY COUGAR LS
Full Power, Xtra, Sharp
91 CHEVY LUMINA
Euro Sport V6, Full Power, Clean
91 PONTIAC GRAND AM
2 Dr, Auto, V-6, Great Buy
91 BUDWEISER VAN LIQUIDATED
V-6, Immaculate, 9,XXX Miles
92 PONTIAC GRAND PRIX SE
Loaded, Great Buy
95 CHRYSLER SERBING
18,XXX Miles, One Of A Kind, Won't Last

USED TRUCKS & VANS

95 FORD BRONCO XLT
Full Size, 4x4, 17,XXX Miles, One-of-a-kind
91 GMC 8-18 JIMMY
4x4, Loaded, Xtra Clean
90 CHEVY 3/4 TON CONV. VAN
V-8, Fully Loaded, A Must See
91 FORD F-150 XLT
Sunroof, Trailer Pkg, Clean
92 OLDS BRAVADA RED
AWD, 4 Dr., 4X4, Loaded
93 DODGE RAM 1500 EXT. CAB
Xtra Clean, 5 Spd., AM/FM Cass.
93 DODGE DAKOTA SPORT P/U
Great Buy
91 FORD AEROSTAR XLT
Euro Sport V6, Full Power, Clean
93 GMC FULL SIZE CONV. VAN
38,XXX Miles, Great Condition
93 DODGE SPORTE
A/C, Great Buy, Great Condition
91 FORD F-150 XLT
Loaded, 48,XXX Miles, Clean
94 CHEVY V-10
4x4 271, SILVERADO, 39,XXX Miles, Great Buy
95 FORD GRAND AM SE
Loaded, Great Buys, As Low As

NEW LOCATION
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COLLINSVILLE 13 Min.
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Scott AFB 22 Min.

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95 GMC MINI & FULL SIZE CONVERSION VANS
ONLY A FEW REMAINING! HURRY NOW!
SAVE UP TO \$8,000

CAHOKIA 332-2277

USED CARS

90 CADILLAC COUPE DEVILLE
Very Clean, Loaded, Super
94 PONTIAC FIREBIRD
35,XXX Miles, like new, V-8, Loaded
93 PONTIAC LEBARON LX CONV.
Full Power, Auto., V-6, Low Miles
93 MERCURY GRAND MARQUIS LS
V-8, Full Power
92 OLDS CUTLASS
BONNEVILLE SSE
Loaded One Of A Kind
92 PONTIAC SUNBIRD LE
Auto., Clean
92 PONTIAC GRAND PRIME LE
Very Clean, Loaded, Super
91 OLDS 88 REGENCY
Loaded, Great Buy
95 CIERA SLE
V-6, Full Power
95 FORD GRAND AM SE
Loaded, Great Buys, As Low As

USED TRUCKS & VANS

95 JEEP CHEROKEE 4 DR. 4X4 PIONEER
V-6, Won't Last
93 DODGE RAM 250 CONV. VAN
Loaded, 51,XXX Miles
95 JEEP WRANGLER 4X4
7,XXX Miles

16 JEEP
78 CJ7, 76,000 mil, new tires
4x4, V-6, Auto, V-6, 4000 cash
93-257 or 351-7553

22 MERCURY
94 MERCURY MARQUIS STATION WAGON
V-8, Auto, V-6, V-8, PB, Auto
V6, \$700, 931-1446

87 SABLE, Sharp! Was \$8,000
\$1000/N\$2,995
V-6, Auto, V-6, V-6, V-6, V-6, V-6
Res. 10000 Blk St Ch 1000
92-0781

24 OLDSMOBILE

*88 NINETY EIGHT
★ \$99 DOWN ★

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320 HELP WANTED

320 HELP WANTED

ATTENTION

PHONE CONSULTANTS

Upizing a 14 year old company to sell to you. We are a successful candidate with experience in accounting, systems, accounting software, Microsoft Windows, etc. We include bookkeeping for accounts receivable & general ledger. We offer a package, including full benefits and employer paid dental and health insurance. Send resume with \$44.00 to: Granite City Journal, P.O. Box 5240, Granite City, IL 62240. 618-2777, (800) 26-4448.

A HOME BASED BUSINESS

FOR SALE

Average \$15,000 an hour in sales. Free \$300 sample kit. Selling to Hawaii, Canada, U.S. and Mexico. Excellent earnings, no investment required. A small initial investment to get started. Call 1-800-247-1097.

ALLISON CONCRETE NEEDS

WORKERS

To residential and commercial work. Local. Transportation company has an opening for a driver. Experience driving and back driving required. Must have a mechanical aptitude. Good benefit program including 401(k) plan. Call 1-800-247-1097.

APARTMENT

Leasing Agent

Full time position available to handle consultant at Countryside Apartments. Good communication skills, sales experience, typing and full benefits package. Apply in person.

170 San Ram Court

SL. Louis, MO

APARTMENT MANAGER Maintenance. Prefer older apartment buildings. Must live on property. Phone 654-2642.

Cleaning people needed for

the Granite City area.

Call 1-800-247-1097.

4256

Auto Detailers

and

Auto Mechanic

NEEDED

Apply at 1801 Grand

Or Call 451-7627

REAL ESTATE SALES

EXCELLENT EARNINGS!

Flexible hours. Monday thru Friday 8-5. No experience required. Must live on property. For more information call 1-800-247-1097.

STAR REALESTATE

676-0024

Freeburg

Car Center

has a part-time

position available for

the laundry

department.

Apply in

person at 746

Urbanna Dr.

Freeburg, IL

M-F 8-4

DRIVERS

HOME EVER DAY

Get paid to drive while you train & learn intermediate hauling. Top commissions. Work day & afternoon shifts. Home every day. Driver training included. Paid health insurance, paid holidays, paid vacation, weekend bonuses & more. Immediate openings. Call 1-800-247-1097. Must meet DOT qualifications

Mrs. ALISON'S COOKIES

1780 BURN AVE

OVERLAND, MO

DRIVER

PICKUP & DELIVERY

Class A or B with all brakes and air suspension required. Local and long haul. Physically demanding. Room for growth within organization for team players with initiative. Must pass DOT physical. Call 1-800-247-1097. Able Industries, 7151 North Main Street, Suite 100, MO 63141. 618-247-1097.

INDEPENDENT TRUCKERS-

HOME EVERY DAY

Independent contractor position. Must have own truck with own base plate. Local & short haul intermodal work. Must have CDL. Top % paid. Tell a sales rep. Paid reimbursed. Paid insurance. Paid benefits. Paid vacation. Paid weekend bonuses & more. Immediate openings. Call 1-800-247-1097. Must meet DOT regulations

TO PLACE YOUR AD

IN THIS SECTION

1-800-281-2846

DRIVERS

LOCAL AND SHORT HAUL

METRO MOVING AND STORAGE

An Agent for United Van Lines

** Experience Helpful ** 21 yrs. old

** CDL License

** Ex. driving record

** Must meet DOT regulations

Call Chris, 314-291-2846

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320 HELP WANTED

MECHANIC NEEDED!
Part time, tools needed, no license, 8 hrs. required OK.
Beach Sales
797-6662

WANTED COSMETOLOGIST
Call 618-421-3000
Plus Commission
20% of Sales
LAWN CARE & SKIN CARE
656-4950

320 HELP WANTED

Teacher needed at St. Peter's Preschool, 21st and Cleveland starting Sept. 3 1996. Classes Monday-Friday 8:30 A.M. - 12:30 P.M. Contact St. Peter's Church or 576-7273.

Data Entry Accounting Clerks
Call 618-421-3000
immediate openings at top companies in the City & Highland Free Application
For Interview, Add a resume
628-2342

320 HELP WANTED

BUFFERS
Must have 2 years experience in Sanding and Matching. High Volume Shop.
Apply in person
13813 St. Charles Rock Rd.
Bridgeton, MO 63044

CIVIL ENGINEERING FIELD TECHNICIAN
We are a growing, expanding firm looking for a Civil Materials Technician (concrete) to work in Fairview Heights, IL. Ideal candidate must be able to start immediately. Weak pay. Let us tell you more...just call our nearest office and we'll put you to work!

320 HELP WANTED

ATTENTION: SECRETARIES AND WORD PROCESSORS
High pay, benefits, flexible work schedule. Work from home. Increasing its customer service department and you could be part of the excitement. You are degree with a real desire to succeed, this job is for you. Great starting salary, bonuses and benefits. Apply those with outstanding communication skills.



Olsten

Staffing Services

DownTown

Westport

614-421-3000

800-547-2550

fax

Classical

PART-TIME CLERICAL & TELEMARKETING EMPLOYMENT OPPORTUNITY

Desiring to hire General office experience. Positive & pleasant personality. Phone etiquette required.

Apply in person at:

MANNHEIM'S

GATEWAY AUTO AUCTION

440 West Pontoon Road

(Intersection of Rt. 1 & Pontoon Road)

Gratton, IL 62240

(618) 757-5000

Ronald Haage (HOY)

Equal Opportunity Employer

Contractors

YEAR ROUND WORK

Thomas Coughlin is currently looking for installers in our kitchen, bath, window, sunroom and deck dept. 3 yrs minimum experience required. Apply today!

314-291-3000

3245

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WAL-MART

COSMETOLOGISTS

Hair Stylist

Immediate full & part time positions available for Cosmetologists to style hair and do makeovers for high fashion and special occasions. All driving on auction premium only.

Apply in person at:

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Ronald Haage (HOY)

Equal Opportunity Employer

Contractors

CHILD CARE OPPORTUNITIES

Christian Hospital, member of the Christian Hospital Association, has opportunities in the Child Development Center. Must be over 18, Northeast facility.

Nursery Assistant

Part-time position available

Teacher Assistant

Part-time position for 5 days/week, day shift.

Teacher

Part-time position for 5 days/week, day shift.

Telephone Service

Representative

Part-time position available

Skilled nursing facility accepting applications for:

Nurse Supervisor/Nights

LPNs

CNA-S \$200 sign on bonus

CMTs

Walk-in interviews

Apply in person:

Westview Nursing & Rehabilitation Center

1127 Timber Run

Creve Coeur MO 63146

434-9361

equal opportunity employer

Full time

Good hourly wages, excellent benefits, 401K pension plan, SI25 benefit plan.

Apply in person:

Advantageous Rehabilitation & Nursing Center

#1 Arbor Terrace

Fenton MO 63026

equal opportunity employer

COOKS

DIETARY AIDS

Full & Part Time

HOUSEKEEPERS

Full time

FLOOR MAINTENANCE

GENERAL MAINTENANCE

Full time position

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HOUSEKEEPERS

1865 FURNITURE DRAPERS

LIVINGROOM furniture, very good cond., Flex Steel sofa, matching end tables, matching drapes to match, couch, MUST SELL. \$1,134.00

WATERBEDS—House full of furniture \$75-587.

OAK DINING room table, chair set, matching end tables, matching chairs, \$450. China cabinet, \$150. Cabinet, \$100. \$100. MUST SELL. \$1,000.

QUEEN SIZE WATERBED, rails, mattress, pump, \$150. \$100. MUST SELL. \$100.

10' X 12' SOFA with oak trim, matching wing chair, new, \$400. OBO. \$100.

1880 DINING ROOM UNIT, WAS \$600 now \$250.

CUSTOM TANNING BED, \$22 butts, 30" wide, tiny, inquire.

NORDIC TRAK PRO MODEL, \$100.00, like new.

1900 HOUSEHOLD GOODS

CARPETINGS, 539, A ROOM, \$300.

HOTPOINT Washer & dryer, \$100.00. \$100.00.

COFFEE table, \$100.00.

New 42" Heat-tite Firebox, \$350.00. Call Emery, 3356.

SOFA/FAIRY CHILDREN'S CABINET, 100% Oak, \$100.00.

1910 HOBBIESTS CABINETS, 540+, \$350.00.

1930 LAWN & GARDEN

Lawnmower for Sale \$30.00.

MURRAY RIDING MOWER, 16HP, 46" cut, \$950.00-643-6438.

1960 MUSICAL INSTRUMENTS

HOLTER DOUBLE French Horn with case, used once, \$100.00. Call for sale or info, 667-9017.

PICK UP payments on nice furniture, \$100.00-\$150.00 in your area! Call 1-800-822-5444.

Salmer auto radio, radio improved, \$10.00. Call 667-9017.

1970 PETS

2 AKC Lhasa Apso female, \$100.00. Call 667-9017.

FREE TO GOOD HOME, 100% pure, \$100.00.

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Hi-Fi SYSTEM, Tuner/Amp, CD player, 20 speakers, \$100.00.

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